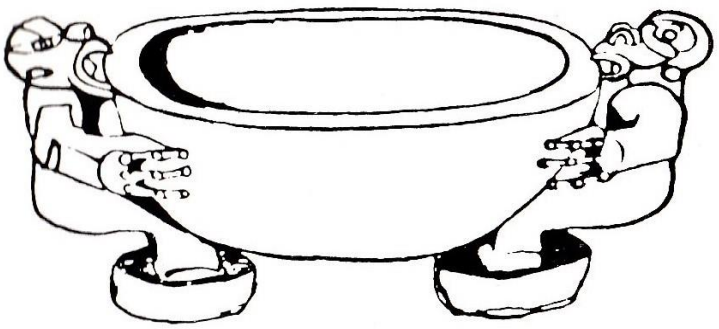
MAORI COOKBOOK



SIMPLE METRICATION

The equivalents and conversions given here are suitable for kitchen use.

A. **CAPACITY:** The capacity of cups and spoons and the volume of their contents is measured in litres or parts of a litre. There are 1000 millilitres in a litre.

½ cup	=	60 ml or 4 tablespoons
½ cup	=	125 ml
1 cup	=	250 ml
4 cups	=	1000 ml or 1 litre
1 litre	=	1¾ pints
4 litres	=	7 pints
4½ litres	=	1 gallon

B. **WEIGHTS:** The unit is the kilogram — 1000 grams or just over 2 pounds. Grams will replace ounces.

1 kilogram (kg)	=	1000 grams	=	2 lb 4 oz
½ kilogram	=	500 grams	=	1 lb 2 oz

Equivalents in ounces and grams (to nearest 5 grams)

ounces	grams
1	30
2	55
4	115
6	170
8	225
12	340
16	455

Metric Weights of Basic Foods

Butter	2 cups	500 grams (½ kg)
and	1 cup	250 grams
Sugar	1 tablespoon	15 grams
	1 dessertspoon	10 grams
Flour	4 cups	500 grams
	2 cups	250 grams
	1 cup	125 grams
	2 tablespoons	15 grams

C. **MEASURES OF LENGTH:** The unit is the metre — just over one yard.

Length in.	cm	Recommended (to nearest cm)
1	2.54	3
2	5.08	5
3	7.62	8
6	15.24	15
7	17.78	18
8	20.32	20
9	22.86	23
12	30.48	30

D. **TEMPERATURE CHART:**

Scale	Very Cool			Cool		Moderate		Hot		V. Hot		
Gas	¼	½	1	2	3	4	5	6	7	8	9	10
°F	225	250	275	300	325	350	375	400	425	450	475	500
°C	110	120	140	150	160	180	190	200	220	230	250	260

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Maori	3–76
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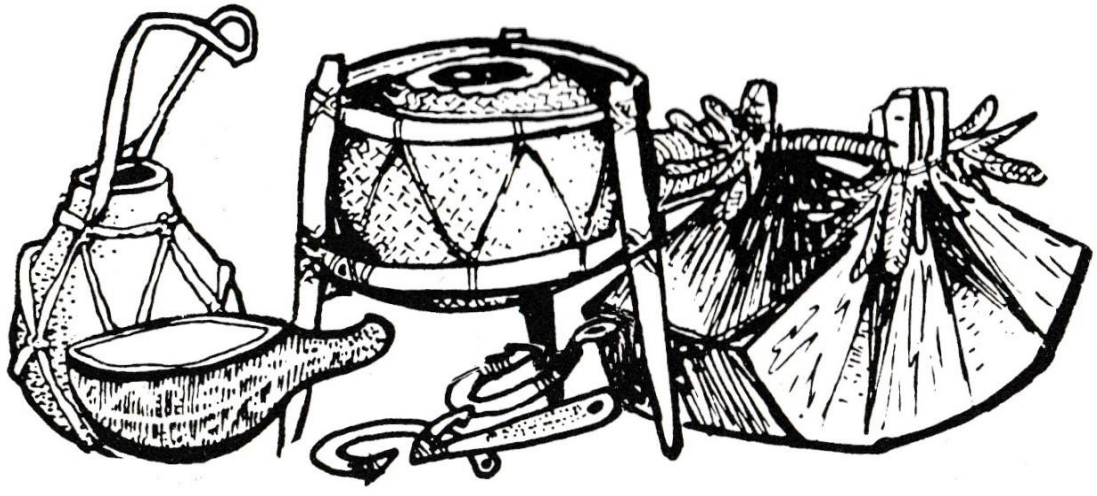


MAORI HANGI

Blue New Zealand skies, warm summer nights and summer holidays — it's time for a hangi. As the smell of cooked food rises in the evening air, it is time to think about the happy blending of the traditional Maori way of cooking food with the additions provided by their pakeha neighbours.

METHOD

1. *SITE:* The selection of a site will depend on —
   a) *Access to water* for soaking bags and cloths and creating steam.
   b) *Tillage of soil* for ease of digging the pit. Arrange to dig your hole in a piece of wasteland rather than in somebody's pride and joy lawn. If the hole is to be dug in a lawn, remove the top layer of grass and put it back afterwards.
   c) *Wind direction* which could blow over stack or endanger buildings. Keep a watchful eye on your fire and make sure it is well away from buildings, trees or anything which may catch a flying spark. Make sure it is at least 3 metres away from the nearest object and nowhere near any overhead obstructions.
   d) If food is to be consumed outside, the site will have to be located where the participants can mingle and eat without discomfort.

2. *MATERIALS:*

a) *Food Check List* — All varieties of meat, fish, poultry, vegetables and steam pudding can be cooked in a hangi. The preparation of the food is the same as preparing food to be cooked on an electric stove. The food should be prepared and put in containers that should be placed within easy reach of the hangi before the pit is cleaned out: sides of meat (mutton, beef, pork), poultry (chicken wrapped in foil), cabbage, potatoes (two per person), kumaras (1–2 each), pumpkin (one serving each), taro, salt, pepper, carrots, marrows, chokos, onions, butternuts. Cabbages and green vegetables are better cooked in other ways, not in the *hangi*.

b) *Gear Check List*

1. *Stones.* When heated the stones will supply the heat for cooking the food, so it is important to choose stones that do not crumble in the heating or shatter too readily. The best stones to use are those that have been tried by the local people. Igneous (volcanic) are better than metamorphic or sedimentary (e.g. sandstone) rocks. There are several types of rock suitable:

i) *Auckland Bluestone* — this is the type of hard, brittle, blue-metal rock and black rock.

ii) *Riverhead Rock* — round, loaf-sized stones are best. Choosing the rock takes some skill. Take a hammer with you and hit each rock. Only those with a high pitched ringing noise are suitable. Kawakawa Bay and Dargaville are both sites nearest to Auckland where such rocks can be obtained.

iii) *Volcanic Rock* — this is the type of rock used during the Depression to make stone walls. It is good rock to use, heats quickly, doesn't throw out chips and is light to handle.

(Some people today use fire bricks mixed with some of the stones mentioned above, but this is not a recommended practice.)

The number of stones necessary will depend on the type of stone and size. For up to 75 persons, you will need sufficient to fill a hole approximately 0.5 metres deep, tapering from approximately 1 metre in diameter at the top to 0.75 metres in diameter at the bottom (but see below "Making the Hole"). They must be thoroughly dried out before use.

2. *Firewood.* A mixture of dry timber and slow burning logs is best for a hangi. Hard wood timber is best for the fire because it gives out more heat. A good choice is lighter timber underneath and hard wood on top. *Manuka* (white teatree) or *Kanuka* (red teatree) are suitable. *Puriri* is good but must be dry. You need about 45 pieces of wood about 1 metre long and 5 to 8 cms wide.
3. *Newspaper and Kindling.*
4. *Food Baskets.* Depending upon what you serve and how many people you want to feed, you will probably need about three food baskets or containers — one large basket for meat, one smaller basket for kumaras and potatoes and another for other vegetables. DON'T PUT ALL YOUR VEGETABLES IN ONE BASKET.

   You can make the baskets from small mesh chicken netting by cutting a square and folding the corners up. Remember to allow for sides when you are working out the size of the basket. Good sized baskets are, one 33 cm square and two smaller ones 22 cm square.

   (Alternatively, bakers wire-bread baskets can be used if obtainable).

   If the food is to be served from a kitchen, the potatoes and kumaras are placed in one large basket. If the food is to be served from tables outside, several smaller baskets, depending on the number of tables, will prove more convenient.

   Local variations can range from elaborately welded perforated steel containers to mutton cloths. For special

dishes where the use of wines or other "trimmings" are intended, the food can be wrapped in foil. Steam puddings can be put into mutton cloths.

5. *Covering*. Two types of covering are needed — cotton and sacking. White cotton is used to cover the food and the sides of the baskets before they are put in the hole.

   A much heavier covering is needed to keep the soil from getting into the food once the food has been put on the heated rocks. You will need three pieces of sacking or canvas for this; one to lay over the food and down the sides of the basket and one for each end of the hole, so that soil can't go down the sides. Before this heavy cover goes over the food, it must be thoroughly soaked — very important! (The Maori way of cooking uses steam while most Pacific Islanders roast the food dry.)

6. *Other Gear*. Three long handled shovels, file, sharpening stone, mutton cloth, pitchforks, buckets, axe, saw, hatchet, carving boards, cleaver, knives, forks, serving plates, newsprint (to lay prepared vegetables on while waiting for the fire to burn down), aluminium foil, aprons, 6–10 tea towels, washhand basin, soap, towels, fly spray, trestle table (if serving outside), wire cutters, 9–12 sugar bags or sacks, hose pipe.

3. *TIMETABLE:*

Here is a suggested timetable for cooking times:

Food for	*Time to Cook*
10–20 people	Two hours
20–100 people	Two and one-half hours

(For numbers of people above these, it is preferable to use two hangi holes, one for meat and one for vegetables, because the vegetables cook more quickly. Allow two hours for the vegetables, two and a half hours for the meat.)

Noon — Check gear, exchange courtesies.
1 *p.m.* — Dig hole, lay fire and stones, prepare vegetables and meat.
2.15 *p.m.* — Light fire.
3.15 *p.m.* — Vegetables to be ready, sacks soaked, mutton cloth also, water handy. Seal meat.
3.30 *p,m.* — Food on stones, cover. Stand by.
5.30 *p.m.* — Arrange serving area, carving knives, serving spoons and plates.
6 *p.m.* — Open hangi and serve.

4. *PREPARATION:*

Hangis take a long time to prepare, so do everything possible the day before. Prepare the meat and vegetables, place wood and stones by the site, make the baskets.

When all the preparation is done, dig the hole. The size of the hole depends on the size of the food basket(s). Put the

basket on the ground and mark out the ground around the basket, leaving at least four inches of clearance around the outside edges of the basket.

The depth of the pit is also determined by the number of stones used. It should only be as deep as is necessary to accommodate the stones and yet leave them slightly more than flush with the earth's surface. If the pit is too deep, the soil from the side will taint the food. If the pit is too shallow, more soil than is necessary will be needed to cover the food.

You don't need a very deep hole either — cooking is just as quick and efficient if a hangi bin is used. This is a large round bottomless cylinder (it can be part of a metal or wooden washing machine tub) .75m in diameter and about 0.6m deep, with a close fitting, deep lid to retain the heat and cover the part above ground. This hole must also be well covered with wet sacks and soil or turf.

Crumple sheets of newspaper one at a time and put them in the hole. Save one double piece and roll it up like a wick. Put it in the hole near one edge (you will need this to light the paper after you have put in the wood and rocks). Put the kindling in, then start building a pyre by putting the bigger wood on. After the wood reaches ground level, it must be placed in a special way.

The pyre should be built over the pit by placing alternate layers of wood at right angles to the layer below it. Lay the pieces of wood side by side across the top of the hole, leaving a half-inch gap between each piece until the hole is covered. On top of this layer put another row, laying it in the opposite direction. As the pyre is being erected, the stones should be placed in three or four layers at regular intervals throughout it in a pyramid shape. Build the fire very solidly. It has to burn for an hour or so without being replenished and must have plenty of body.

Light the newspaper wick. Keep a constant watchful eye on your fire.

The rocks will begin to change colour when they are hot. (The volcanic rock will go nearly white.) Before long the wood will burn down and the heated rocks fall into the hole. As the pyre burns down, replenish it after the first hour with more wood and return any displaced stones to it. (Don't forget the fire should burn for two to three hours.) Now is the time to fill the food baskets, arranging the bottom layer carefully. Place the two smaller baskets inside or on top of the larger basket. Sprinkle salt over the food and cover with the white cotton cloth. Put the food baskets near the hole. Now check that the wet sacking is near the hole.

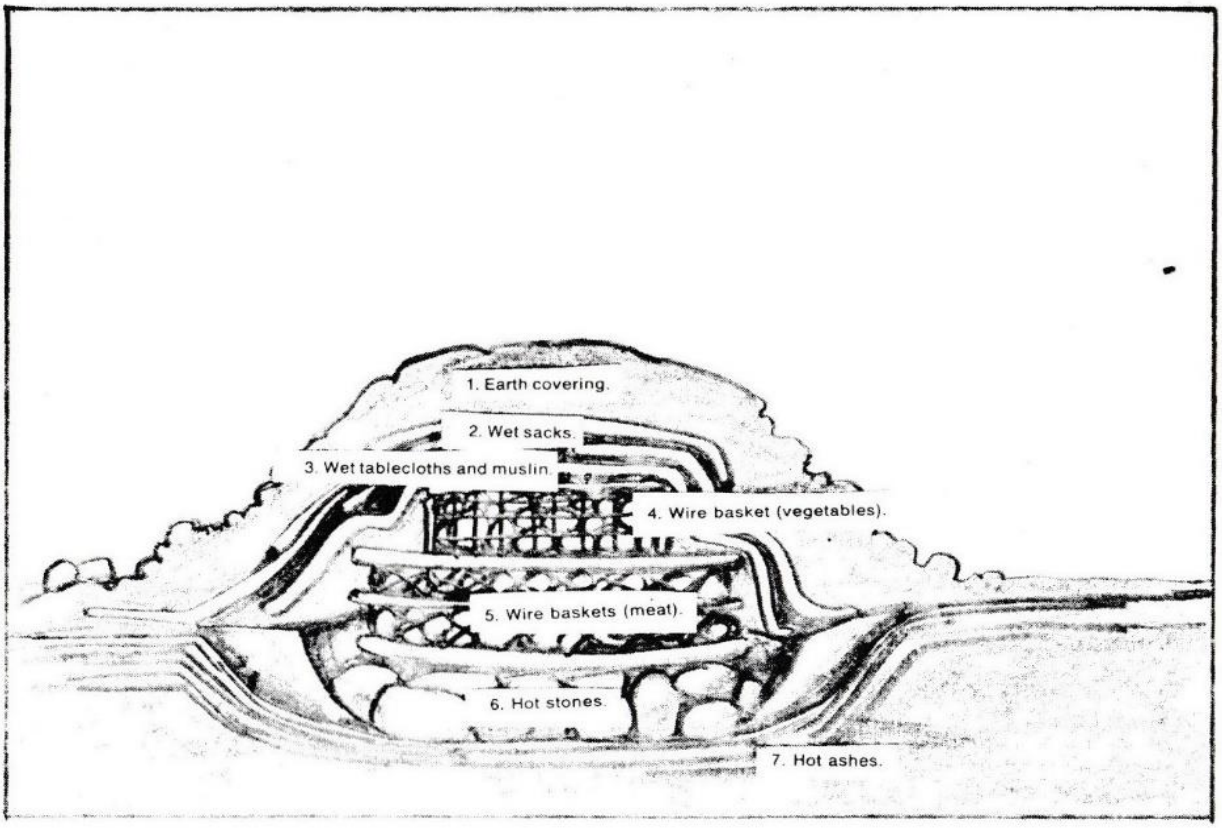
After $1\frac{1}{2}$–$2\frac{1}{2}$ hours the pit should be covered in ashes and stones as the fire has burnt through. At this stage clean the pit. If the pit is not cleaned properly, the ash will spread through the hangi when the water is applied to create steam. (Few guests like the smokey taste of meat cooked with the embers left in the hole.) Remove all the unburnt pieces of wood, raking the hot rocks to one side of the hangi hole with a long handled shovel.

Because of the heat, some workers at this stage protect their head and shoulders with wet towels and gum boots stuffed with cabbage leaves! (At this stage also the hangi-bin is placed over the stones and into the hole.)

Make a flat bed out of the rocks and throw about two handfuls of cold water on the rocks. The jet of steam will carry the ash away. The stones should then be left laying on the embers. Using a pitchfork, for the heat is intense, place the raw meat on the stones to singe. As each piece "browns" it is put on a tray until all the meat has been treated in the same way. THIS SHOULD BE DONE AS QUICKLY AS POSSIBLE TO CONSERVE THE HEAT.

When this is completed, a wire mesh, sufficient to cover the pit, is laid over the stones. The mesh is covered with cabbage leaves and the partly cooked meat is placed over the leaves.

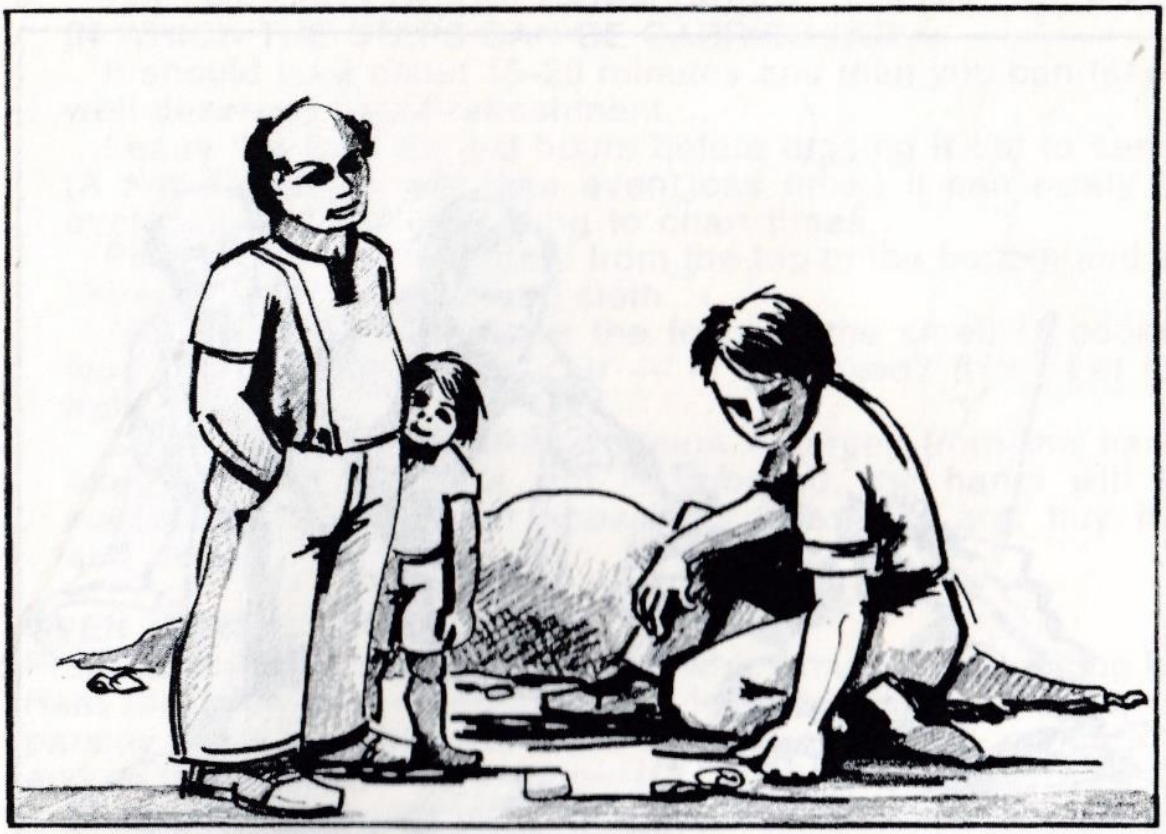
If the meat is in large pieces a few stones can be placed in direct contact with the meat to ensure it will cook.

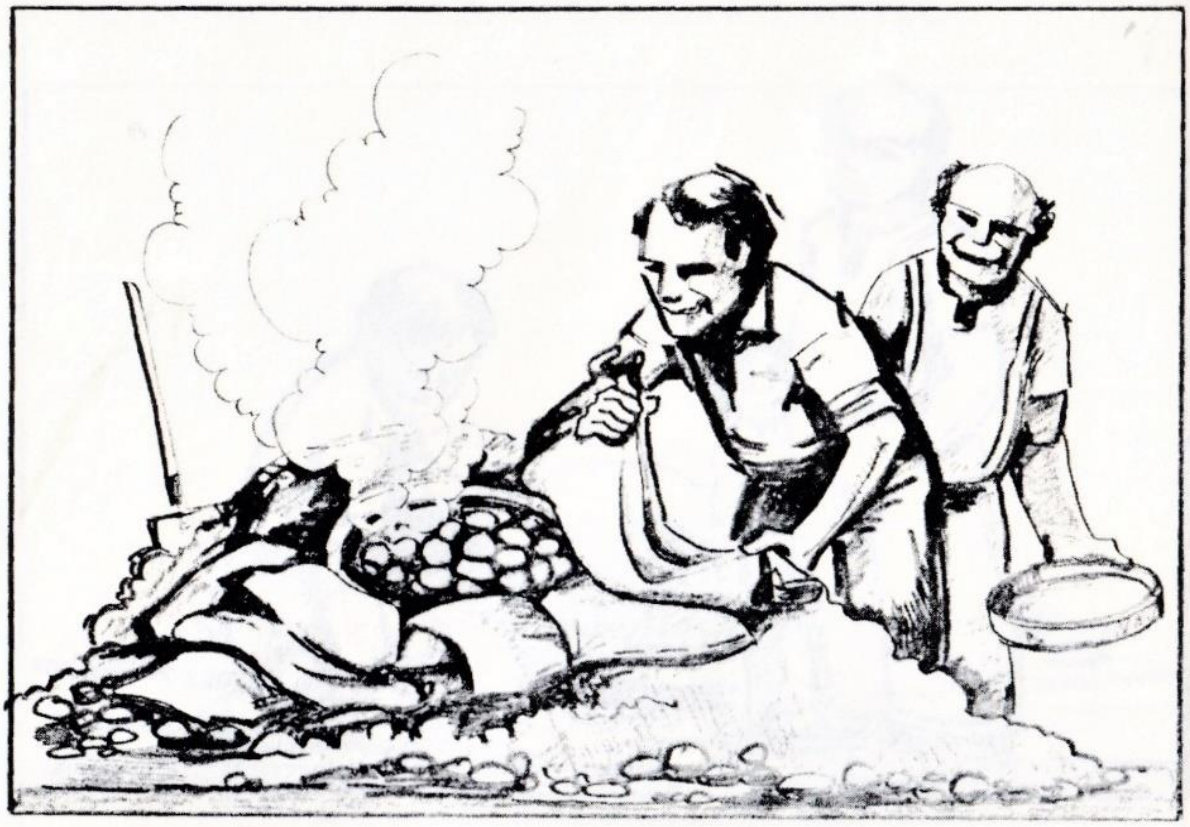


Place the vegetables in containers on top of the meat in the centre of the hot rocks, while the special dishes and steam puddings in tin foil and mutton bags respectively, are placed on top of the vegetables. Throw several quarts of water over the food and stones to produce clouds of steam. MOVE FAST. Make sure the white cotton covering is wet. Over the steam and food, place layers of wet cheese or mutton cloth, or even an old tablecloth, to keep the steam in.

It is essential to start from the base of the food pile and spread the cloth to ensure the soil does not come into contact with the food. The cloth must cover all the food in the hangi. A layer of wet sugar bags and sacks are used to cover the cloth. Again the sacks should be thoroughly soaked and again the covering should begin at the bottom of the food pile, the sacks being put over, one piece each end, one in the centre in that order. Throughout the covering process, water should be sprinkled onto the hangi to create steam. MOVE FAST.

The sacks must not have contained chemicals! The soil is then spread over the sacks forming a dome shaped mound. Begin again from the bottom and build towards the top. Watch for any steam escaping and cover the cracks.





THE SUCCESS OF THE HANGI DEPENDS UPON THE SPEED IN WHICH THE STEPS CAN BE CARRIED OUT.

It should take about 15–20 minutes and then you can take a well deserved liquid refreshment.

Leave the food for 2–3 hours before digging it out to serve. (A smaller hangi will take even less time.) It can rarely be overcooked. Cook according to chart times.

Peel the soil off the hangi from the top to the bottom and do likewise with the sacks and cloth.

All eyes peer hungrily at the food as the smell of cooked food rises in the evening air — is it cooked? It is? Let the hangi begin.

SUCCESS OR FAILURE. If steam emerges from the hangi after the first spitful of soil is removed, the hangi will be successful. If no steam appears, cover it up and buy fish and chips.

OVEN HANGI

Prepare this meal in a roasting dish which must have a fitting lid. Heat the oven to a moderate heat. Into the dish sprinkle some parsley and a few pieces of diced celery. Lay in a few pork bones and on these place 4 pork chops. (Chicken can be added or used in place of pork chops). Add 4 pieces of pumpkin and 4 potatoes. Over this lay cabbage, enough for 4 and if possible some watercress. Add $1\frac{1}{2}$ cups water. No salt is needed. Cover the dish and bake $3\frac{1}{2}$ hours. Serves four.

MAORI BREAD

PARAOA TAKAKAU (two versions)

1. 1 cup Flour — Pinch Salt
   5 tablespoons Lukewarm Water
   Knead well and roll out thinly. Put onto hot floured tray. Cook in very hot oven, about 200°C (400°F).

2. 2 cups Flour — Water or Milk
   Pinch Salt
   (Baking Powder can be used)
   Mix to a sticky consistency and shape with as little handling as possible into a severe 20 x 10 cm (4 x 2 in). Either wrap in tin foil and throw into fire embers or place in a tin and bake.
   Takakau can be placed in the embers and the burnt crust taken off before eating.
   Best served with butter and eaten while hot.

PARAOA (Yeast Bread)

This recipe makes four good sized loaves baked in an oven or umu. Bread baked in an umu keeps fresh longer and is tastier.

The Batter 7 a.m. — 2 cups flour in a bowl with 1 dessertspoon of DYC yeast. Mix with warm water to a batter and leave in a warm place to rise for one hour.

The Dough 8 a.m. — 4 saucers flour heaped in a fair sized dish. Make a hole in the middle and put in: 1 dessertspoon salt, 4 dessertspoons sugar. Mix to a dough using warm water in the bowl to clean out yeast. Knead well and cover with a table cloth. Put in a warm place to rise, about 6–7 hours. Switch oven to 150°C (300°F) and put in the umu to warm, then butter it.

Leave oven at 120°C (250°F). Knead dough with extra flour if needed and break into quarters. Knead well, and put in the umu one at a time. Put on lid and leave till dough rises.

Put a cold slice on top of the warm one then put bread in the oven. Switch to high for 15 minutes when the bread turns golden brown, then switch to low and bake $1\frac{1}{2}$–2 hours, depending on the size of the umu. Turn umu round so the sides are even in colour. Test the bread. If it feels light it is ready to take out.

The reason for two slices at the bottom of the oven is so that the bottom of the bread will not burn.

REWENA PARAOA* (Maori Bread)

5 cups of Flour — 1 tsp Salt
1 tsp Baking Soda — Rewena

METHOD:

Put flour and salt into a bowl. Make a well in the centre. Put Rewena in and sprinkle baking soda over all. Add more water if mixture is too firm. Mix and knead lightly for about 10 minutes.

PARAOA PARAI (Fried Bread)

2 cups of Flour — ½ cup Rewena (leaven)
Pinch of Salt — 1 tsp Sugar
Lard to fry bread

METHOD:

Mix all ingredients well by adding Rewena. Mix with warm water to a scone mixture and flatten into round shapes.
Fry in lard and serve with honey or golden syrup.

TAKAKAU

Real Takakau has no rising agent (i.e. Baking Powder) just flour and water.

5 cups Flour — 5 tsps Baking Powder
Approx. 1 pt Milk

METHOD:

Knead very gently. Roll to a flat round shape. Cut gently through in a cross. Bake as for scones.

***REWENA** (Leavening for Maori Bread)

a) *Starter Plant:* From Rewena Paraoa dough take a tablespoon of dough and put into a jar. Feed one day with ½ cup warm *unsalted* potato water and the next day with 1 teaspoon sugar. Continue alternate daily feeds.
b) *Original Starter:*
   2 cups Flour — 1 tsp Sugar
   3 slices medium size Potato
   Boil potato slices in 1 cup water to mashing consistency. Cool. When lukewarm, mix all ingredients together to a fairly firm texture. Add more warm water if required. Cover and leave in a warm place to prove.

PARAOA KOA

1 kg plain flour — 1 tsp salt
500 ml milk — 50g yeast (fresh or dried)
120g butter — 120g caster sugar
4 eggs beaten — 300g currants or sultanas (cleaned)
100g candied peel finely chopped (optional)

Sift flour with salt into a bowl. Warm milk carefully to blood heat 36°C (98°F) and add the yeast and butter. Stir until yeast is dissolved, then mix in the sugar and eggs. Make a well in the flour, tip in the liquid ingredients and beat until smooth. Turn dough onto a floured board, work in the currants or sultanas and candied peel. Knead dough until it is elastic, then place it in a warmed, greased bowl.

Sprinkle the dough with extra flour and cover with a clean tea towel. Set dough to rise in a warm place for 1½ hours or until it is double in bulk, then knock down dough and leave to rise again for another 30 minutes. Set oven at 160°C (325°F). Shape the dough into 4 small loaves. Arrange the loaves in greased baking tins and leave to prove until twice their size. Bake for approximately 1 hour.

CAMP-OVEN BREAD (Maori Bread)

4 cups flour
4 tsp baking powder
1 tsp salt

Sieve all ingredients and mix to a soft dough with milk. Turn on to a floured surface and knead lightly, forming into a ball of dough. Press out into a round 25–30 cms across. Cut through centre both ways into 4 pieces. Bake in a hot oven 15–20 minutes.

KUMARA

KUMARA KOTERO (Cured Kumara)

Take 3 large rotting kumara from the pit (rua), skin and squeeze the juice from the kumara till a floury substance is left.

Knead well into this 1 tablespoon of sugar and a knob of butter.

Flatten out into small cakes and bake for $\frac{1}{2}$ hour in a medium oven. Leave on tray to cool.

KUMARA PIE

1.5 kg kumara
2 tsp brown sugar
$\frac{1}{2}$ tsp cinnamon
2 beaten eggs
Butter
Pineapple juice and rings or chunks

Boil kumara, mash with butter and eggs, add pineapple juice. Place in fireproof dish and decorate with pineapple rings, sprinkle with brown sugar. Add seasonings. Brown about $\frac{1}{2}$ hour in moderate oven before serving.

KUMARA AND APRICOTS

2 large kumaras
Salt
1 tablespoon butter
250g dried apricots
1 dessertspoon sugar
$\frac{1}{2}$ cup breadcrumbs

Soak apricots. Cut kumara into rounds and cook for 20 minutes. Strain. Into oven-proof dish put alternate layers of kumara and apricots. When dish is half full, add salt, sugar, butter and a little liquid from the kumara. Sprinkle top with breadcrumbs.

Cook gently for about 1 hour until flavours are blended. Serve hot as vegetables.

CANDIED KUMARA

2 large kumara
1 teaspoon bacon dripping
$\frac{1}{8}$ cup brown sugar
$\frac{1}{4}$ teaspoon nutmeg

Peel and cook kumara for 15 minutes. Strain and split lengthwise and place in roasting dish. Combine all other ingredients and boil until sugar is dissolved. Pour over kumaras and bake 10 minutes, turning once half way through.

PORK, APPLE AND KUMARA CASSEROLE

8 pork chops
1 tbsp chopped parsley
Salt and pepper
3 tbsp lemon juice
1½ cups cooked apples or
1 tin sliced apple
2 sliced onions
½ tsp mixed herbs
2 cups tomato juice
or soup
2 tbsp sugar
Kumara, peeled for top

Pre-heat oven to moderately hot, 180–200°C (375–400°F). Dry-fry pork chops in frying pan for 15 minutes. Remove and place in casserole. Cover with onions, chopped parsley, mixed herbs, salt and pepper and tomato juice. Place lid on and cook for 20 minutes. Combine apple, lemon juice and sugar, bring to boil and place on top of casserole.

Place kumara on top of hot mixture and cook with lid off for a further 30 minutes to 1 hour.

KUMARA CRUMBED ROLL

Boil kumaras until tender, mash and mix with 500g veal finely minced and a little fat from some cooked onions and season with salt, pepper and a little dry mustard. Mix well together, form a thick roll, brush over with beaten egg and sprinkle with bread-crumbs. Bake in a hot oven for ¾ hour.

Serve hot with green vegetables and chutney.

SWEET POTATO POI

2 cups grated kumara
1 tsp salt
⅓ cup grated raw coconut
Buttered tin foil

Mix kumara and coconut together. Add seasonings. Line small casserole with buttered tin foil. Put mixture in foil and fold over to seal. Bake at 180°C (350°F) for 1 hour. Serve hot or cold.

KUMARA CHOWDER

700g kumaras
3 onions sliced
30g butter
850 ml milk
Salt and pepper
Whipped cream } garnish
Parsley }
1 450g tin cream-style sweetcorn

Peel and dice the kumaras. Cook in boiling salted water until tender. Meanwhile, fry the sliced onions in the butter until tender. Drain the water from the kumaras, mash well and combine with the milk.

Add fried onion and sweetcorn and bring slowly to the boil. The consistency should be thick, but a little extra milk may be added if wished. Add salt and pepper to taste.

Just before serving, garnish with whipped cream and sprinkle with chopped parsley. (Serves 6)

ROROI (Maori Pudding)
Here is a recipe for a pudding which is perhaps the only Maori pudding known.

Take some very fresh *kumara* straight from the garden if possible. Wash thoroughly, then grate. Place in a shallow baking dish and sprinkle with sugar. Spread over the top of the grated kumara some broad slices of kumara. This will keep the mixture from hardening in the oven. Bake for an hour at 180°C(350°F). When cooked, this is similar to a steam pudding, and may be served with cream or milk custard. When cold it may be sliced like bread and spread with butter.

ORIENTAL KUMARA RISSOLES

1 onion
Leftover kumara
3 rashers bacon

Mash kumara and add any cold peas or carrots. Pass bacon through the mincer with onion and add vegetables (with a little finely chopped parsley if liked). Add seasoning and $\frac{1}{2}$ egg to bind.

Use remaining egg to brush each rissole before dipping into breadcrumbs. Fry in hot fat and serve with tomato sauce or plum sauce.

KUMARA LOAF

500g kumara
1 medium chopped onion
Salt and pepper
500g finely minced steak
1 beaten egg
Breadcrumbs

Cook kumara and mash. Mix in mince, onion, egg and salt and pepper. Shape into a loaf, roll in breadcrumbs and bake in greased loaf tin in hot oven for $\frac{3}{4}$ hour.

FAVOURITE BROWN STEW AND KUMARA TOPPING

1 kg stewing beef
1 tsp monosodium glutanate
$\frac{1}{8}$ tsp ginger
500g small onions or onion rings
$\frac{1}{4}$ cup flour
$\frac{1}{2}$ tsp salt
$2\frac{1}{2}$ cups tomato juice
12 small carrots
500g small potatoes

Heat oven to 180°C(350°F). In paper bag, combine flour, glutanate, salt and ginger. Shake cubed meat in this mixture to coat well. In hot oil, brown meat well on all sides. Takes about 15 minutes. In remaining sediment stir in flour left in bag. Slowly stir in tomato juice add to meat. Cover and bake for 1 hour. Add vegetables, cover and bake further $\frac{1}{2}$ hour. Increase oven heat to 200°C(400°F).

KOTERO (Cured Kumara)
A bowl of fermented sweet potatoes
2 tbsps flour, cornflour or arrowroot
Salt and pepper to taste.

Mash the potatoes and add the rest of the ingredients. Shape into croquets and cook in ashes or fry in oil.

These were always cooked in ashes, but frying is also delicious.

KAO (Sweetmeat)

Kao was a delicacy of the old Maori, made in the autumn after gathering the crop (March-May).

Choose only small elongated *kumara*-tubers and sharpen a stick of *manuka* for use as a scraper. Scrape out the accretions of earth in the hollows ("eyes") on the surface of the tubers.

The outer skin is then removed without damaging the inner skin which clings closely to the flesh.

After the kumara has been washed and cleaned, wrap individually in the leaves of the kumara or puriri trees and place in a slow earth oven for 24 hours. They are then dried in the sun for about 2 weeks. The kumara kao is then ready for eating.

PAKEKE

Take 6 large potatoes and peel, grate and put into a cloth and wring the juice out of them. Add finely chopped onions, salt and pepper to taste. Shape into patty cakes and fry in peanut oil until cooked. These are delicious served with meat or pineapple rings. The juice wrung from the potatoes can be used to make arrowroot sauce for puddings.

POTATO SOUP

6 medium size potatoes, grated
2 medium carrots, grated
2 medium or 1 large onion, chopped finely
2 leaves silver beet
1 tbsp parsley, chopped

Put in large pot, with small cup water, add 1 tbsp butter. Put on heat, stir until thick, turn heat down for 10 minutes, add $2\frac{1}{2}$ pints (1.5L) milk, bring to near boil. Pour into tureen and garnish with parsley sprigs.

For a really delicious flavour, add $\frac{1}{4}$ pint cream (150ml) just before serving.

PUMPKIN CAKE (American)

$\frac{1}{2}$ cup butter
2 eggs
1 tsp baking powder
1 tsp cinnamon
$\frac{1}{4}$ tsp salt
1 cup raisins
$1\frac{1}{2}$ cups sugar
2 cups flour
$\frac{1}{2}$ tsp baking soda
$\frac{1}{2}$ tsp cloves
1 cup pumpkin or a little extra

Cream butter and sugar till light, add eggs. Sift all dry ingredients together 3 times, add to creamed mixture alternately with pumpkin. Add raisins and $\frac{1}{2}$ cup nuts if liked. Bake in moderate oven 50–60 minutes. Serve with whipped cream or plain or frosted.

MAIZE WITH WOOD ASH (A breakfast dish)

Take two cobs of well matured and thoroughly dried maize (the poultry type). Remove kernels from cob and place in a large saucepan (on cooking the kernels swell). Cover liberally with cold water. Bring to boil and allow to boil gently until the kernels swell sufficiently to split the outside horny covering.

NB: It is often necessary to add water to the corn while cooking as a certain amount of moisture is lost in the cooking.

Once the kernels have swollen to their utmost and are tender, add prepared wood ash.

Stir the mixture well and allow to cook gently for 1 hour or so. It will boil like a hotpool. Remove container and contents from fire and rinse cooked kernels in a kit (colander) in plenty of cold water. Most of the horny husks will come away during this stage.

Place corn back in pot and cover well with cold water and bring to boil. Cook gently for another hour when it will be ready to serve. Serve with cream or milk. The wood ash gives the corn a delicate flavour all of its own.

NB: The addition of baking soda instead of wood ash is a substitute. In the days of old when open fire cooking was a feature of the Maori way of life, the fire place was treated with utmost care and respect. Nothing, absolutely nothing, was burnt in it other than wood.

PUMPKIN SOUP

450g pumpkin
30g butter
600ml milk
Cooking time: 45 minutes.

Cut pumpkin into small pieces and cook in salted water. Rub through a fine sieve with the liquid, then add the heated milk in order to give the soup a creamy consistency. Season and add a little sugar. Put some fairly thick slices of bread in the soup and simmer gently for 6 minutes. Remove from heat, add butter and pour into a soup tureen.

KAANGA

Quite early after the Maori acquired the potato, pumpkin and Indian corn or maize, they learned to steep the maize cobs in running water until they were partly decomposed, from which they made a kind of porridge called kaanga. It has a very unpleasant smell to European senses, but is still liked by many Maoris today.

KAANGA WAI (Cured corn)

Shell white corn and place in a flour bag and stand in clean running water or in a clean tin or drum. Change the water daily. Leave for two months in the water. Test by pressing the corn and when it is soft, it is ready.

Take 2 cups of preserved corn, clean and mash or mince in a mincer. Put 6 cups of boiling water into a saucepan and add crushed corn stirring all the time. Simmer on a medium element for 1 hour and serve with cream and sugar to taste.

KAANGA WARU OR KAANGA ROROI (Minced corn)

1. Grate corn from the cob. The corn should be just hardening (over-ripe). Add salt and pepper, or sugar if preferred for a sweet pudding. Put into muslin or corn leaves. Boil or steam about 1 hour. Serve as preferred.
2. Melt 1 dsstspn butter in milk and add 1 dsstspn sugar. Add 1 small grated kumara to 1 cup of minced cornmeal and mix with rest of ingredients to a nice consistency. Gather and clean corn leaves and drop 2 tbsps of mixture into each of the leaves. Tie both ends then drop into boiling water and cook for $\frac{1}{2}$ hour on a medium element. It can be eaten hot or cold.

DRIED KAANGA WAI

Take raw preserved corn. Put through a mincer and squeeze out all surplus juices and leave to dry on an oven rack or in the sun. When perfectly dry, put into bags and store till required.

Take 1 cup cornmeal, 3 cups boiling water and cook on a medium element for $\frac{1}{2}$ hour. Serve with cream and sugar.

KAANGA WAI CUSTARD

1 egg (beaten)
2 cups milk
1 tbsp sugar
1 tbsp butter
1 cup cooked Kaanga Wai

Beat all the ingredients together and bake in a slow oven until brown. Serve with cream and sugar to taste.

KAANGA PUNGAREHU

4 cups clean manuka wood ash
2 cups white corn
1 pot water

Add the corn to the ashes, fill a saucepan with cold water and bring to the boil. Turn the element to medium heat, boiling all the time until the skin leaves the grain. Strain into clean cold water rubbing the skins off. Return the corn to the saucepan full of water and boil up again. Pour the water off. Repeat this process 3 times and leave on medium element until the grain swells to twice its size.

Serve either hot or cold with cream and sugar.

SCRAPED KAANGA PUDDING

Grate ordinary maize (on the cob is best) fairly fine, into meal. Add sufficient water to bind the meal, then wrap corn leaves around the dough previously formed into little cakes or rolls. Put into boiling water and boil for $2\frac{1}{2}$ hours. If wanted sweet, add a little sugar. This mixture can also be boiled in a cloth like plum pudding. It is delicious hot or cold, cut in slices and buttered (spice can be added).

WATERCRESS

Found in fast flowing streams, watercress is a tasty relish and salad.

WATERCRESS TOROI

Wash the watercress thoroughly, discarding stems and dry leaves. Cut up small and put into a colander. Blanch with boiling water, put into a boiler and cook for 10 minutes in salted water.

Cut mussels into small pieces and mix into the jars of watercress. This makes a delicious cold dish to have with bread and butter.

WATERCRESS SALAD

1 bunch watercress
1 tbsp freshly ground salt and pepper
3 tbsps tarragon vinegar
250g bacon

Wash the watercress thoroughly as above and put into plastic, seal and refrigerate overnight. Combine the vinegar with seasonings. Place the watercress in a salad bowl, toss in fried bacon pieces and toss in salad dressing just before serving.

WATERCRESS SOUP

250g peeled potatoes
30g butter
500 ml milk
1 bunch watercress
Salt and pepper

Cut the potatoes into smallish pieces and boil in salted water until cooked. Drain and place potatoes in a blender (or press through a sieve). Pour in the milk and add the chopped watercress. Pour the soup back into the saucepan and bring to simmering point. Remove from heat, season and stir in the butter before serving.

RAUPO OR BULLRUSH BREAD

Describing the method of preparing this food in the 1840's, the Rev. Taylor declared:—

"The process of making bread from the pua, or pollen of the raupo (typha angustifolia) is curious, both on account of the patience required to collect sufficient for the purpose, and for religious rites connected with it; showing most clearly, how very much pinched for food the aborigines formerly were, and the great stress they laid upon religion in aiding their efforts to procure it. It is also remarkable for the number of words belonging to the process, which is a proof of the value put upon this article of food.

The first thing which was done, was the erection of a shed near the swamp, from which the pollen (pua) was to be collected. The process of gathering it always commenced at daybreak; for when the sun began to shine, the feathery seeds blew about, they had then to discontinue their work until the evening, when they recommenced the work. The gathering of the flower heads of the raupo was continued for several days, until a sufficient quantity of pollen was obtained. They then cut a quantity of flowers of the kakako (arundo Australis), which being strewed on the floor of the shed, the pua was heaped upon them. It was daily carried into the sun to dry and again returned in the evening to the shed, lest it should become damp with the dew. Parties of from fifty to sixty men, women and children, often assembled. for this work; each family having its own division (tuakoi) of the shed to attend to. When the process of collecting was finished, they went into the forest to procure the bark of the hinau (elaeocarpus hinau), which they stripped off the trees in large pieces, twelve to fourteen feet long. These were doubled up so as to make a bag, one end being left open to form a mouth, while the sides were sewed with flax, leaving only a small hole at one of the lower corners. Being set on their ends, they formed long bags, almost as tall as a man, which were propped up by poles. They then took the mats (tapaki), which had been previously plaited by the women of split flax and spread them on the ground by the side of the bag (pu), part of them stripped the flower from the stem: this process was called uhu. A quantity being shred, it was put into bags, which had been plaited with great care of finely split flax, so as to allow only the smallest particles to escape. Men only were allowed to sift the pua, which was done by shaking these bags over the mouth of the larger one, while the tohunga, or priest, repeated a karakia.

The principal person of each family had to sift it; but, if he had been guilty of any crime, the pua would fly up in his face and he would be forced to give place to a better man. Whilst some were sifting, others were plaiting small baskets (rourou, kapukapa, paro) of green flax, which are lined with leaves of the rangiora

or pukapuka (brachyglottis repanda), to place the sifted pua in; the siftings (tutae papapa), or down, being thrown away. The plug having been removed from the bottom corner of the bag, the pua flowed out, which was caught in the baskets, carefully avoiding to press it down, in which state it resembled small seeds. The baskets being filled, they were covered over with leaves as before and then sewed up (runa), which being done, they were placed in the ovens (hangi), the number of which was proportioned to the quantity to be cooked. The ovens, having been covered over as usual, were left till the steam burst out at the top, which was a sign that they were done. When taken out, the substance still retained its resemblance to seeds; but the baking converted it into a solid mass.

The principal person of the party then divided them among the people. Some of the leaves thus made were from six to eight inches in diameter and thick in proportion. The smaller ones were generally eaten at the time, the larger ones being reserved as presents, for state occasions, or for supplies during war. A loaf of seven inches in diameter was sufficient to satisfy two full-grown men.

Having been rendered sacred by the prayers of the tohunga, or priest, during the process of sifting, no one could eat of it until the first oven, containing only three or four baskets, had been cooked for the priest, who then took off the tapu.

It is remarkable, that when the down (hune) obtained from the raupo head is put into the baskets, it is invariably filled with a small kind of worm, or grub, in very large quantities. It is, therefore, generally baked, and it is at once fit for making beds and pillows, for which purpose it is commonly used, and forms a good substitute for feathers.

PUA

Shake as much pollen (yellow) from the *raupo* heads as is required and to every pound of pollen use $\frac{1}{2}$ cup of cold water to mix. Put into a greased bowl and steam for about 2 hours. (The Maoris used to wrap the *raupo* leaves around the mixture and steam in the hangi.) This tastes just like ordinary bread.

PUHA, RAURIKI

The term *puha* or *rauriki* is generally applied to both the smooth leaved sow thistle (Sonchus oleraceus) and the prickly leaved sow thistle (Sonchus oleraceus) or *puha pororua* and *puha tiotio* respectively. Puha grows in the shade in long grass or in damp, dark places and is a common garden weed. The whole top of the young plant is cut off and has to be washed several times in clean water.

SOW THISTLE (Sonchus oleraceus).

PUHA TIOTIO

Take a small basket of *puha* and clean and wash in 3–4 lots of water to make sure the *puha* is clean. Squeeze or rub the stalks to help remove the bitterness.

Put a pot of water on the stove and bring to the boil. Add one handful of *puha* at a time, turning every 5 minutes. Boil without the lid on the pot for $\frac{1}{2}$–1 hour. Strain the *puha*, cool off and pack into plastic bags and seal, ready for refrigeration.

(NB: The water the *puha* is boiled in makes a lovely soup and is also a blood tonic.)

For a quick luncheon: Take some of the *puha* and chop finely, add long grained rice which is precooked, salt and pepper to taste and fry in oil. Delicious with any meat.

PUHA PENUPENU

Cook and strain 3 potatoes. Boil the *puha* until soft and strain. Mash the potatoes with a little lard or butter, and *puha* and mash together until smooth. This has been given to babies at the age of 6 months to 2 years.

PUHA MARA

Wash the *puha* several times in clean water and when clean put into a saucepan and boil for 5 minutes. Take out and put under running water, return to saucepan. Boil until all the bitterness is out. Drain and bottle with cut up mussels.

PUHA AND MUSSELS

Boil *puha* in salted water and keep at boiling point for 1 hour. Drain. Lightly cook the shelled mussels and cut into pieces. Add the mussels to the *puha* with the water they were cooked in. Serve the next day with mashed potatoes.

PUHA TOROI

1kg cooked puha
600ml mussel water
3 large mussels

Cut or dice the mussels. Strip the *puha* of stalks and wash thoroughly. Boil mussels in water and remove from shells. Boil the *puha* hard for about 5 seconds. Add mussels and let simmer for a very short time. Bottle without the lid.

NB: This method of *toroi* may be eaten almost immediately. However, should this not be so, you will find a white fungus will form on top. When you are ready to eat, remove the fungus and Good Health!

CORNED BEEF, PUHA AND KOUKA

3 onions
1 dsstsp mustard
2 tbsp vinegar
2 tbsp sugar
Puha
Kouka
Potatoes

Boil a piece of corned beef or brisket and cut up into little pieces. Add chopped onions, mustard, vinegar and sugar to the meat and when partially cooked add puha, kouka cut into halves, then potatoes. The result is a wholesome meal.

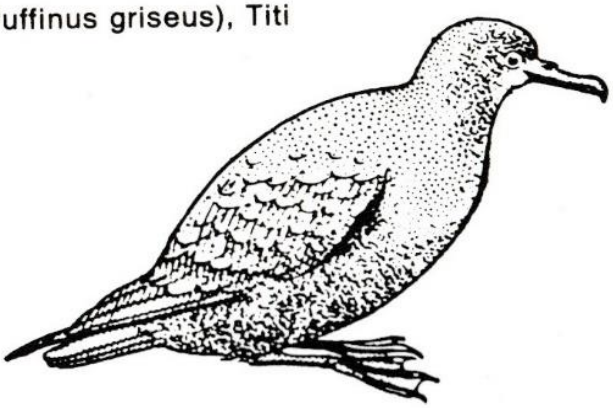
TITI, MUTTON BIRD OR SOOTY SHEARWATER (Puffinus griseus)

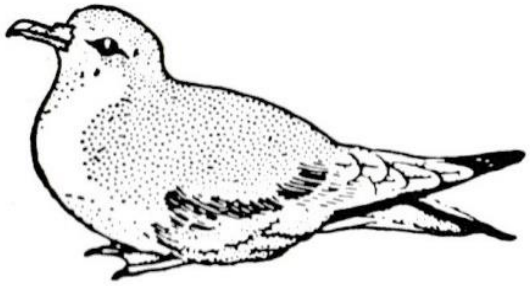
These birds range very widely over the ocean and are usually seen in large flocks, but the largest breeding grounds in New Zealand are found on Stewart Island, sometimes called the "Mutton Bird Islands". A great many of the blackish-grey chicks are killed every year as their very fatty flesh is popular eating among Maori and Pakeha alike. The flightless young chicks live in burrows in the ground and are easy prey for the commercial mutton birder. Only certain Maori tribes, to whom permission is given each year by the Government, are permitted to kill these birds. They can, however, be readily bought in commercial fish-shops throughout the country.

TO COOK MUTTON BIRDS

Fresh: Remove the feathers from the mutton bird (if any). The mutton bird may be treated in the same way as wild duck, i.e. roasted with a savoury stuffing of breadcrumbs, or, for a change, apples and onions. Bake for 1 hour. Alternatively, boil it briefly and pour off the water. It is really a matter of taste. If you don't like the birds' salty taste, boil it again, or rather simmer it until

MUTTON BIRD (Puffinus griseus), Titi





FAIRY PRION (Pachyptila turtur), Titi Wainui

softish and then grill the bird until brown and sizzling. Garnish with a white sauce made with white wine. Pour it into the sauce as many Stewart Island oysters as it can comfortably accommodate.

Salted: Place in cold water and bring to the boil. Cook for 1 hour. If very salty, change the water when half cooked.

In either case, serve a joint of mutton bird each all round and pour on the sauce. Serve with deep fried potato chips and a tossed salad.

TO COOK MUTTON BIRDS (Alternative)

Fresh: Use savoury bread stuffing or apple and onion. Bake in the same way as wild duck.

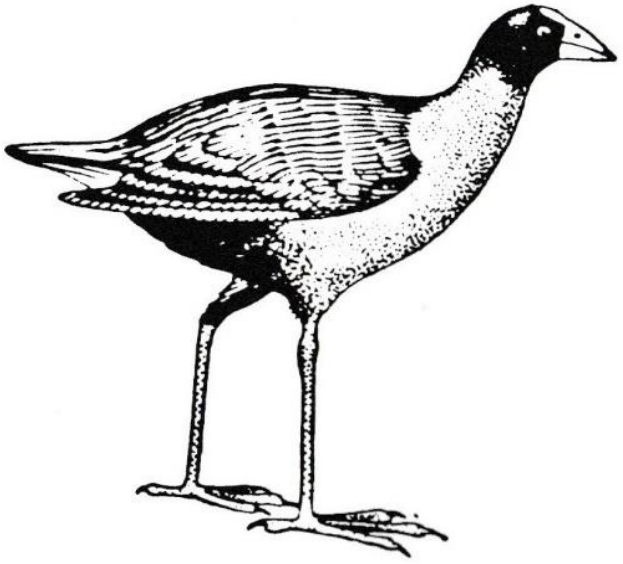
Salted: Boil and change the water 3–4 times until the birds are tender, usually about 1 hour. Serve with puha, cabbage, kumara and poatoes boiled in the water used for boiling the birds. These can be grilled for a few minutes. This way they are not so fatty.

MUTTON BIRD SUPREME

1 mutton bird White sauce
2 tbsp white wine

Boil the mutton bird for 80 minutes. Pour water off and add clean water. Repeat the procedure until the bird is soft. Place under grill and brown.

Serve with green salad and potato chips.



SWAMP HEN or PUKEKO (Porphyrio melanotus).

PUKEKO OR SWAMP HEN
(Porphyrio melanotus)

PUKEKO STEW

Skin the bird. When cutting off the legs, make sure the sinews are removed. If they are left, watch carefully when eating as they are like sharp fish bones. Cut in joints, roll in flour and brown in hot fat. Brown also several sliced onions. Drain, barely cover with water, season well and simmer until tender. Thicken the gravy with flour mixed to a paste with water.

PRESERVED PORK (Poaka Tahu)

Take a mixture of pork and beef dripping and render down in a large pot. When rendered, leave aside on slow heat.

Cut pork pieces into chunks and boil in salted water until half cooked. Strain and when cool, strip the rind off the meat. Put the pork chunks into the dripping and bring to the boil, making sure the pieces are moved around to prevent sticking. Draw from the stove and leave to cool. Pour contents of pot into clean containers and seal. The longer this meat is left the better.

Delicious when heated up with puha or any greens.

TAO MANA

1 leg pork, flap on (approx. 4 kg)
4 slices white bread 1 cm thick
Salt and pepper
1 small stick celery
1 tbsp oil
8 dried apricots
1 small onion
1 tsp extra salt
170mls white wine

Remove the H bone and upper leg bone to form a pocket in the pork, but leave part of the flap on. Remove the crust from the bread, cut into 1 cm cubes, place in a shallow dish and pour wine over. Allow to soak for 5–10 minutes, then drain off the surplus wine and reserve. Chop the apricots, onions and celery finely and mix with the bread and seasoning. Stuff the cavity with this, pulling the flap over and secure by sewing with coarse thread or use skewers.

Score the pork rind and rub with the extra salt and oil. Have the oven pre-heated to 200°C, put the roast in and reduce the oven setting to 180°C. Bake for 4–5 hours.

Serve with a gravy made from the pan brownings, water and the reserved wine. Thicken with cornflour. Accompany with stuffed apricots — combine $\frac{1}{2}$ carton of sour cream with 1 tbsp of peanut butter and fill the centres of 8–10 preserved apricots.

TUNA HEKE (Eels)

Two species of freshwater eels are found in New Zealand. They are the Shortfin eel (Anguilla australis schmidtii) the smaller of the species which seldom exceed 1 metre and weigh between 4–5 kg, and the Longfin eel (Anguilla dieffenbachii), which may grow up to 1.80 metres in length and weigh 40 kg or more.

Both species can be found in swift flowing water, but the Shortfin prefers the slower flowing muddy streams and coastal lakes, while the Longfin can be found further inland.

Eels can be caught for most of the year, but each autumn (March-April), when the rivers are in flood and generally at night, the eels migrate to the sea to spawn and thousands were formerly caught by the Maoris who built eel weirs in the rivers or dug blind channels into the shingle bars separating the lakes from the sea. Sometimes they were speared or caught on a line threaded with worms.

James Stack, son of one of the early New Zealand missionaries, was born in 1835 at a mission station in the Waikato district. Later the family moved to the East Cape, where James was the only white boy among scores of Maori children. He was eight when he had his first lesson in eeling:

"In the summer months the Maoris were always poking about the banks of the river near our home at Waiapu, looking for eels.

One day I asked a Maori boy to let me into the secrets of eel-fishing. He said he would do so.

It was a very hot day. On reaching the river he told me to take off every stitch of clothing, and then to go feeling along the bank under the water until I found an opening into which I could push the whole length of my arm. If the hole was smooth, I was to pull out my arm and plug up the mouth of the opening.

Then I was to search higher up for the other outlet of the eels' hiding place, which was generally a few feet away. When that was found, I was to push one arm up into the hole, while my free arm was to be used to break away the soil, so that I could push farther and farther in.

I carefully watched the Maori boy do all this. As soon as he felt an eel, he slipped his finger and thumb along the body till they reached the gills. Then he quickly nipped his fingers together, pulled the eel out, and threw it up on the bank, where he killed it by beating the head with a stone or heavy piece of wood.

I now began working along the bank and I was very much excited when I felt my first eel, which was almost two feet six inches long. I tried hard to hold it, but it kept slipping through my hands.

As I raised it out of the water, I nearly lost it altogether. 'Grip it with your teeth!' cried the Maori. I did as he said and though the tail smacked me about the face, I ran with my prize till I reached a dry, shingle-bank, where I dropped it and killed it.

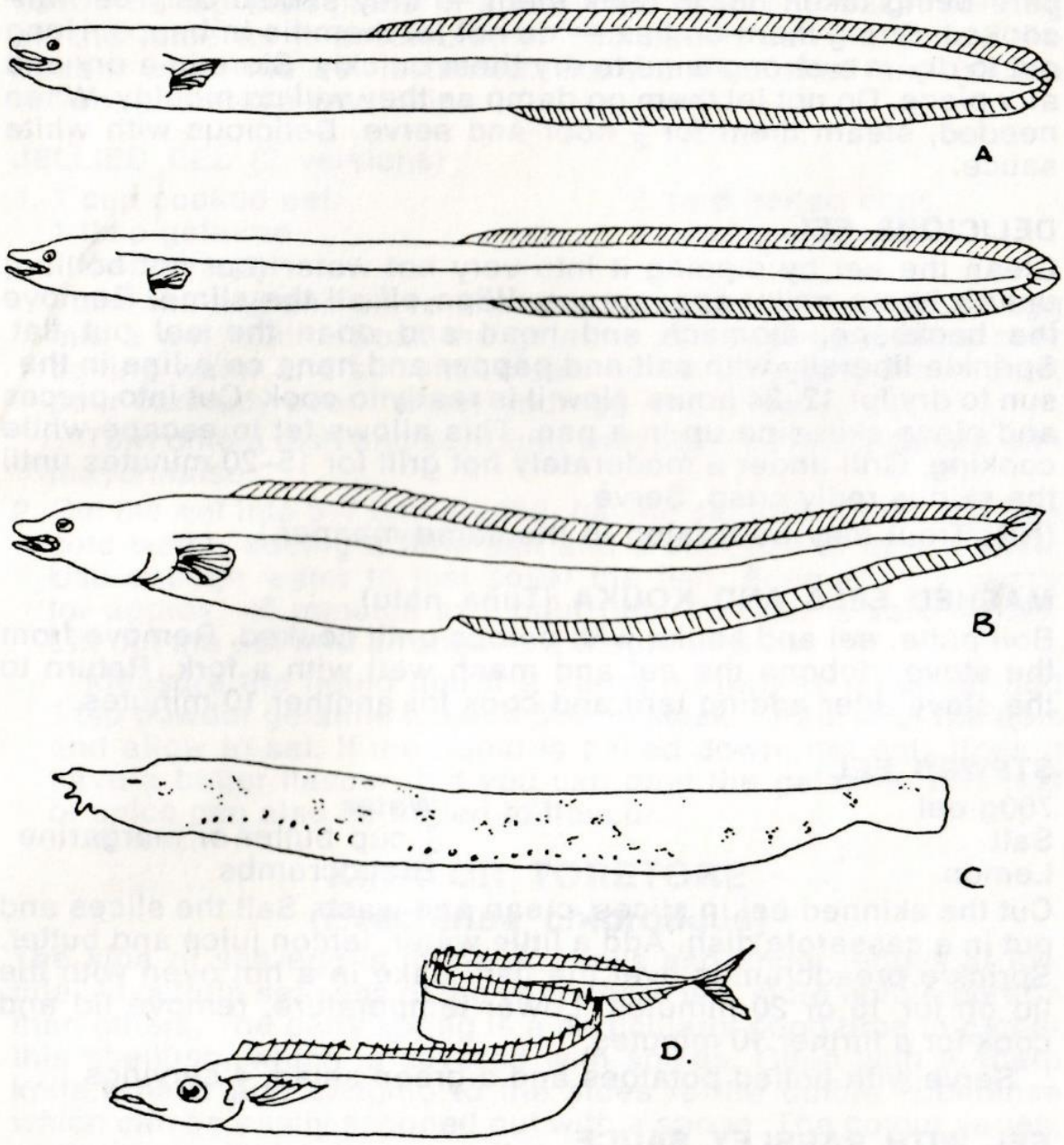
By that time I found my mouth was full of nasty slime from off the creature's body, and though I washed my mouth again and again, I could not get rid of the horrid taste for a long time. After that I left my Maori friend to catch the eels when I found them."

Adapted from "Early Maoriland Adventures of J. W. Stack".

"One of the most famous of New Zealand's explorers of the South Island, Thomas Brunner (Taylor, "Early Travellers in New Zealand" 1959: 305) described the process of drying and skinning eels:

"If eels are carefully dried and skinned, the head cut off and opened down the belly, the bone carefully taken out and the flesh exposed to the smoke to dry, they would last some months and this is, in my opinion, the best way to eat them. An eel should be about 5–6 lbs (2.5–3 kgs) and, if too dry, soaking it in water for a few hours and then basting it over a slow fire, makes it a very good dish."

Joined leaves of the *kanono* or *manono* (Coprosma australis) were wrapped around the bodies of eels which were being prepared for the hangi. The resulting food was greatly esteemed—eels cooked in this way are said to be a great delicacy. The eel has fine-textured flesh, good fat content and is excellent for cooking.



A. Tuna B. Ngairo C. Tuere D. Para

DRIED EELS

Clean the eels in the manner outlined by Brunner. ("Silver bellies" are the best eels for drying), then grill over a hot fire, care being taken not to cook them — they should only be half-cooked. String them on flax — do not let them lie in heaps. Hang out to dry in a strong wind to dry them quickly. Store in a dry and airy place. Do not let them go damp as they will go mouldy. When needed, steam them for $\frac{1}{4}$ hour and serve. Delicious with white sauce.

DELICIOUS EEL

Clean the eel by dipping it into very hot water (*but* not boiling) until it has a milky appearance. Wipe off all the slime. Remove the backbone, stomach and head and open the eel out flat. Sprinkle liberally with salt and pepper and hang on a line in the sun to dry for 12–24 hours. Now it is ready to cook. Cut into pieces and place skin-side up in a pan. This allows fat to escape while cooking. Grill under a moderately hot grill for 15–20 minutes until the skin is redly crisp. Serve.

(NB: Trout may be treated in the same manner.)

MASHED EELS AND KOUKA (Tuna natu)

Boil puha, eel and kouka with onions until cooked. Remove from the stove, debone the eel and mash well with a fork. Return to the stove after adding lard and cook for another 10 minutes.

STEWED EEL

700g eel
Salt
Lemon
Water
$\frac{1}{4}$ cup butter or margarine
Breadcrumbs

Cut the skinned eel in slices, clean and wash. Salt the slices and put in a casserole dish. Add a little water, lemon juice and butter. Sprinkle breadcrumbs over the fish, bake in a hot oven with the lid on for 15 or 20 minutes. Lower temperature, remove lid and cook for a further 10 minutes.

Serve with boiled potatoes and a green salad. 4 servings.

EEL WITH PARSLEY SAUCE

Skin the eel and cut into 5–7cm lengths. Put into cold salted water, adding a sprig of parsley and 1–2 slices of lemon. Simmer gently for approx. 45 minutes then drain and serve with parsley sauce and garnish with lemon and parsley.

FRIED EEL

Skin and fillet the eels and cut into 5–8 cm lengths. Coat in seasoned flour, then in egg and breadcrumbs and fry steadily in hot fat until tender. Drain and serve with lemon.

BAKED EEL

Place a good sized eel either sliced, filleted or whole in a baking dish. Slice three onions over and around. Put two thick slices of bacon on top then place in a fairly hot oven and bake, pouring off the juice as it accumulates. The bacon can be put to the bottom when the eel is turned. Bake until cooked and golden brown, and serve with chips.

JELLIED EEL (2 versions)

1. 1 cup cooked eel
   1 tbsp gelatine
   1 tbsp vinegar
   2 hard boiled eggs
   1 cup boiling water

   Flake the fish and place alternate layers of eel and sliced egg into a wet mould. Soak the gelatine in the vinegar, pour over boiling water and stir until clear. Add a little salt. When cool, pour carefully over the eel and egg and allow to set.

   Turn onto a dish and surround with lettuce leaves served with mayonnaise.

2. Cut the eel into 5–7 cm lengths, having skinned it first. Put into cold water, adding a little salt and a squeeze of lemon juice. Use enough water to just cover the fish. Simmer very gently for approx. 45 minutes to 1 hour until the fish is very tender. Lift out the eel and arrange in a mould or dish.

   Measure the liquid and if a very firm jelly is required, add 1 tsp powder gelatine to each 300 ml stock. Strain over the eels and allow to set. If the liquid is boiled down, not only does it have a better flavour, but you can omit the gelatine. Bay leaf or spice can also be added to flavour.

KINA OR TORETORE
(Evechinus chloroticus)

The kina or sea egg is found on rocks and under ledges at low tide. At certain seasons of the year, there is a more edible portion than others. The early spring is a particularly good time to gather this shellfish, which is covered with spikes. Open with a sharp knife, shake and clinging to the sides is the edible substance which can be easily scooped out with a spoon. The colour varies, sometimes pinkish brown, yellow or dark brown. When cooking, care should be taken to keep it apart from other victuals.

BAKED KINA

Fill a pie dish with alternate layers of kina and breadcrumbs, having breadcrumbs for the last layer. Be generous with the butter and put knobs all over the top, put into a hot oven, then reduce heat and bake for about $\frac{1}{2}$–$\frac{3}{4}$ hour or until set. Be careful not to overcook, otherwise, like oysters, they become indigestible, although they do not harden as do oysters.

KINA SOUP

Mash 12 large kina "tongues" and season with salt and pepper. Mix 1 cup of cream and 600 ml milk together in a pot and heat. Do not allow to boil. Mix 1 pkt. of Maggi pea and ham soup with a little of the cream and milk and then add it all to the cream and milk before adding the mashed kina (serves 4–6).

SHELLFISH

A WORD OF CAUTION

Mussels, oysters and paua have a high percentage of protein, but shellfish easily harbour bacteria. For this reason, it is important they be collected in areas where there is no danger of contamination from such things as sewerage outlets. Cases of typhoid have been traced to indiscriminate collecting and use of shellfish from doubtful areas. For the past five years, Auckland has secured mussels from Nelson, but for many years prior to that, they came from the Firth of Thames. Today the beds are depleted and the mussels too thin and miserable to be taken. Auckland also gets its scallops from Nelson. These delicacies abound in the Manukau and Kaipara Harbours, but because of the fear of contamination are not allowed to be taken commercially. They are also on the East Coast and have recently begun to come onto the market.

MUSSELS (Kuku)

There are a number of mussels found in New Zealand's rocky coasts, estuaries and harbours, but the best known commercially are the Horse Mussel (Atrina pectinata zelandia) which lies buried in colonies near the low water mark in sheltered areas, and the Blue Mussel (Mytihus edulis aoteanus) which is found on most rocky shores, but forms extensive beds only in the southern part of the country. In more exposed habitats, it is replaced by the Green Mussel (Perna candianlus) in western parts of the South Island. In only a few localities are mussels exposed at low tide.

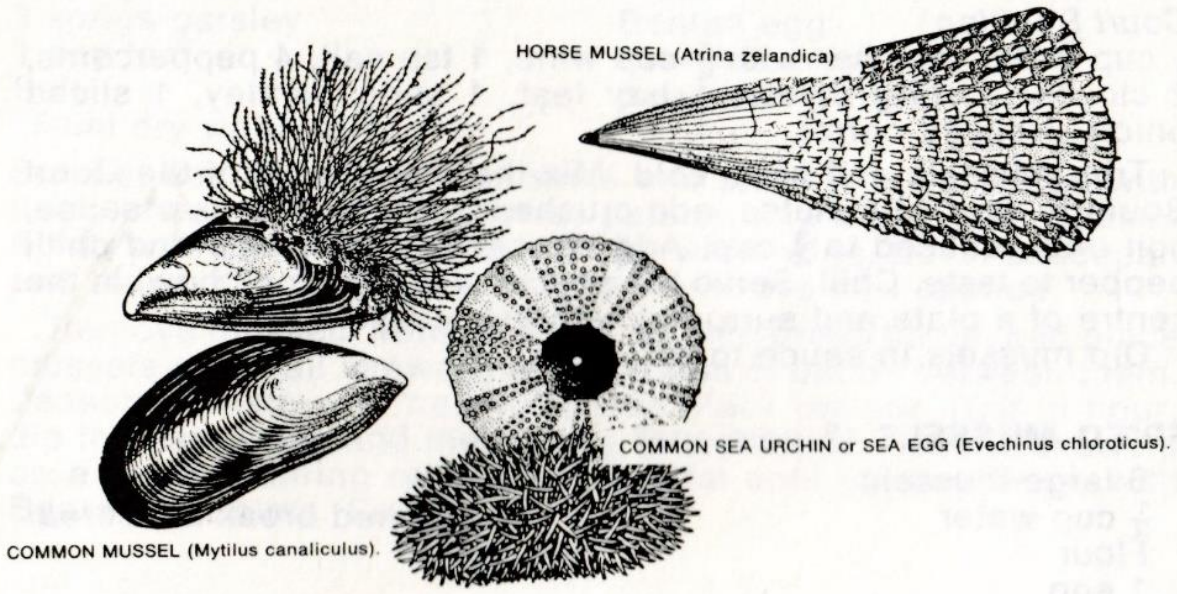
MUSSELS PRESERVED

Place the mussels in the saucepan without water. Put on the hot element and cover with a cloth. When the mussels start to open, drain the juice into a container and immediately run cold water over the mussels. Shell and place into preserving jars. Cover with $\frac{2}{3}$ juice and $\frac{1}{3}$ vinegar. Leave the jars unsealed and keep in the refrigerator.

MUSSELS IN BATTER

1 dozen mussels
1 egg
Salt and pepper
2 tbsps flour
2 tbsps milk
1 tsp cream of tartar

Beat the egg and add flour, milk, seasoning and cream of tartar. Dip mussels in batter and deep fry in hot fat.



MUSSEL PIE

4–5 mussels
Chopped parsley
Salt and pepper
2 eggs (beaten)
1 cup milk

Prepare the mussels, removing all tough parts, etc. and chop into pieces. Add the parsley, beat the eggs with the milk and seasonings and mix together. Pour into a pastry lined pie dish and cover with pastry. Bake 20 minutes in a moderate oven.

SCALLOPPED MUSSELS

2 dozen mussels
2 tbsps butter
Breadcrumbs
2 cups milk
2 heaped tbsps flour
Salt, pepper and cayenne to taste

Put mussels in a saucepan without water and heat until the shells open. Take from the shells when cold, remove the beards and put the mussels in a pie dish. Add sauce, cover with breadcrumbs and a few small pieces of butter. Bake until light brown in a quick oven for 10–15 minutes. Serve hot.

Sauce: Melt butter, add flour, salt, pepper and cayenne. Stir and add milk gradually until smooth.

MUSSEL DIP

12 cooked mussels
2 tbsp tomato sauce
Chilli pepper
1 clove garlic
1 tbsp Worcestershire sauce

Court Bouillon

$\frac{1}{4}$ cup water together with $\frac{1}{2}$ cup wine, 1 tsp salt, 4 peppercorns, 2 cloves, 1 sprig thyme, 1 bay leaf, 1 sprig parsley, 1 sliced onion, 1 sliced carrot.

Trim mussels and keep cold. Mix the ingredients of the Court Bouillon, boil 30 minutes, add crushed garlic and tomato sauce, boil until reduced to $\frac{3}{4}$ cup. Add Worcestershire sauce and chilli pepper to taste. Chill. Serve the sauce cold in a small bowl in the centre of a plate and surround with the mussels.

Dip mussels in sauce to eat.

FRIED MUSSELS (2 versions)

1. 6 large mussels
   $\frac{1}{2}$ cup water
   Flour
   1 egg
   $\frac{1}{4}$ cup milk
   1 cup crushed breakfast cereal
   30g butter

   Place the mussels in a saucepan with the water and heat until the mussels open. Strain the liquid from the mussels and retain. Remove the mussels from their shells and remove the outer ring around the edge. Flour the mussels lightly and dip into lightly beaten egg and milk. Coat with crushed cereal crumbs and fry until light golden brown in the hot melted butter. Serves 1.

2. $1\frac{1}{2}$ dozen mussels
   2 eggs
   Breadcrumbs
   1 cup flour
   60g dripping

   Shell the mussels, remove the "beards" and blanch for two minutes in boiling water and strain. Run through cold water and drain dry. Try to keep the mussels in tidy pieces. Dust the mussels with flour and add salt and pepper. Beat two eggs together, dip in the mussels then coat with breadcrumbs. Put dripping into the pan and when smoking hot, add the mussels. Fry until golden brown and serve with hot chips, tomatoes and lemons.

MUSSEL SOUP

2 mussels
1 tsp ground ginger
Parsley
1 lump butter
1 onion

Place the chopped onion into a little water, add butter, chopped mussels, parsley, ground ginger and milk. Don't boil. Thicken with a little cornflour. Serve with toast.

DEEP-FRIED MUSSELS BEARNAISE

48 large mussels
2 tbsp chopped shallots
2 sprigs thyme
2 sprigs parsley
1 bay leaf
Salt
150ml dry white wine
250g green bacon (in 1 piece)
Freshly-ground black pepper
Flour
Beaten egg
Breadcrumbs
Bearnaise sauce

Scrape, beard and wash mussels and place in a saucepan with finely-chopped shallots, thyme, parsley and a bay leaf. Season lightly with salt and moisten with dry white wine. Cover saucepan and steam 4 to 5 minutes, or until shells are well opened.

Remove mussels from their shells; dice green bacon and place mussels on small skewers with squares of bacon between them. Season to taste with freshly-ground black pepper. Roll in flour; dip in beaten egg and then in dry breadcrumbs. Thread skewers on a piece of string and fry in deep fat until golden. Serve with Bearnaise Sauce. Serves 4.

COLD WEATHER KUKU

2 large onions (finely chopped)
1 litre milk
$\frac{1}{4}$ tsp pepper
1 dsstspn butter
$\frac{1}{2}$ tsp salt

Light fry onions in butter, add rest of ingredients plus a level tsp curry powder. Bring to the boil, adding cornflour to thicken. When cooked add fresh raw shelled and coarsely chopped mussels. (Approximately 1–$1\frac{1}{2}$ dozen.) Serve immediately.

KAKAHI (Freshwater Mussels)

Kakahi is a black fresh water mussel.

(Paua or pipi can be used instead.)

KAKAHI SOUP

2 cups kakahi
2 dsstspn Worcester sauce
2 dsstspn brown sugar
Dash of cayenne pepper
2 large onions
2 dsstspn vinegar
1 cup grated carrot
Salt and pepper to taste

Boil kakahi until well cooked and strain, using the juice for the soup. Fry onions in peanut oil until light and transparent. Add the onions, and all ingredients to the soup and bring to the boil. Thicken lightly with cornflour, add chopped parsley and serve.

PIPI (Amphidesma Australe)
(Paphies Australis)

The *pipi* was one of the favourite foods of the early Maori settlers judging from their presence in the middens, or "rubbish dumps". The pipi can be readily identified by its oblong shape with rounded ends and its apex in the middle, not towards one end as with the *tuangi* and *hehari* or other similar species. Like the tuangi it is located in sandy or muddy beds between low and half tides by feeling with the feet and picking up quickly with the hand.

PIPI SOUP (2 Versions)

1. Gather the *pipi* and place in cold water to rid the shellfish of sand. Steam in a pot and when the pipi are open allow the sand to settle and remove from shells. Strain the juice and stand aside. Pour into a pot and simmer gently. Add milk, mixed vegetables and seasoning. Then add flour or cornflour for thickening.
2. 1 cup freshly shelled pipi
   1 chopped onion
   1 cup milk
   30g butter
   Salt and pepper
   2 cups water
   1 sprig parsley
   2 tbsp cornflour
   ½ tsp nutmeg

   Mince the pipi, place in a saucepan with the water, onion and parsley and simmer gently for 30 minutes. Cook, press through a sieve or puree in a blender and return to pan. Blend 2 tbsps milk with cornflour and add to pipi puree with remaining milk, butter, nutmeg and bring to boil, stirring continuously. Add salt and pepper to taste. Serve hot.

PIPI APPETISERS

Treat as before. Place in a large pot and clamp on lid. Allow the pipi to steam. Remove the shellfish and place in a container. Place in the warmer of an electric stove to enable fish to dehydrate gradually. Sun drying is preferable if time is plentiful. If properly prepared, the pipi are very tasty and rattle like beads when poured into a dish. They are very tasty when served with sprigs of watercress.

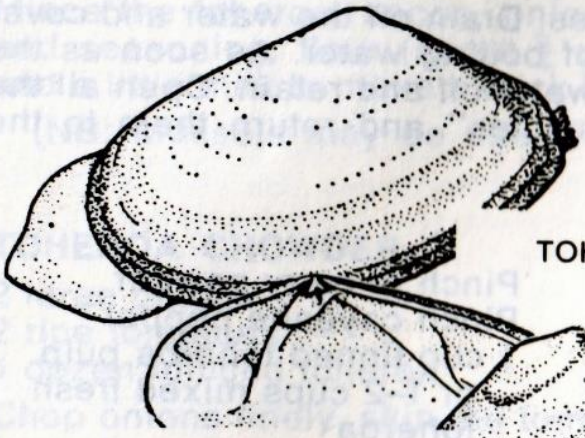
PIPI AND CURRY STEW

Shell pipi into a pot, letting the juice also fall into the pot. Cut 1 onion finely and add to the pipi. If more juice is needed, add water and boil until cooked. Thicken with water, flour and curry and stir into pipi and onions to satisfaction. Serve hot with cooked rice and vegetables.

PIPI LUNCHEON DISH

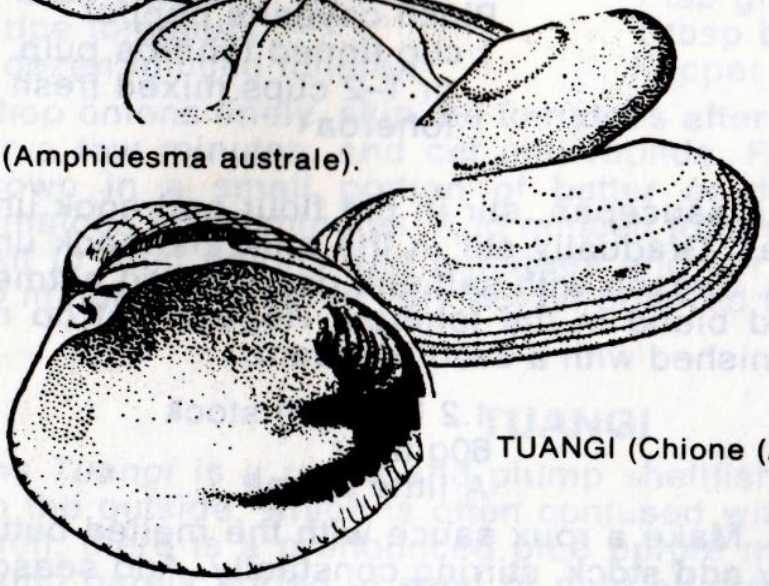
Treat as before. Fry all the vegetables (1 large onion, 2 carrots, 1 cauliflower (cut florets) and 1 thinly sliced cabbage. Add other vegetables to taste) lightly in oil, then add the pipi juice. Season to taste and thicken with 2 tbsps cornflour, then drop in the pipi and serve while hot.

TUATUA (Amphidesma subtriangulatum



TOHEROA (Amphidesma ventricosum).

PIPI (Amphidesma australe).



TUANGI (Chione (Austrovenus) stutch-buryi).

TOHEROA (Paphies Ventricosum)

The *Toheroa* is the largest bivalve to be found on the driftline of some of the West coast of the North Island's sandy beaches. Its ability to burrow rapidly enables it to exploit this very unstable environment. The *Tuatua* (Paphies Subtriengulatum) and *pipi* (Paphies australe) are smaller members of the same family. Because it is a species whose numbers fluctuate considerably, the *Toheroa* has a restricted season. (The open season is from July-August and a number of regulations have to be adhered to. See your local Inspector of Fisheries, or the Marine Department, P.O. Box 1254, Auckland or P.O. Box 2395, Wellington.)

TO PREPARE THE TOHEROA

Toheroa should be washed several times after shelling. Wash well by immersing in clear water, then cover with boiling water and allow to stand for two minutes. Drain off the water and cover immediately with a second lot of boiling water. As soon as the first shells snap open, pour the water off and retain. Open all the shells, remove the toheroa "muscles" and return them to the reserved water until required.

TOHEROA SOUP (2 versions)

1. 25g butter
   1 tbsp flour (8g)
   1 cup milk
   Salt and pepper
   Pinch of nutmeg
   Cream for garnish
   Pinch of curry powder
   Pinch cayenne pepper
   1 cup tinned toheroa pulp
   or 1–2 cups mixed fresh
   toheroa

   Heat the butter in a saucepan, stir in the flour and cook until the mixture bubbles. Gradually stir in the milk and cook until the sauce thickens. Season with salt and pepper, add nutmeg, curry, cayenne and blend in the toheroa. Repeat, but do not boil. Serve hot garnished with a swirl of cream.

2. 1 dozen toheroa
   60g butter
   Salt and pepper
   1.2 litre fish stock
   60g flour
   A little thyme

   Mince the toheroa. Make a roux sauce with the melted butter, flour and gradually add stock, stirring constantly. Add seasonings and toheroa and cook gently for 5–10 minutes. Strain, reheat and serve.

STEAMED TOHEROA

Wash the toheroa well and place in a large saucepan. Cover with hot water and leave for two minutes. Pour off water and cover with boiling water. Put the lid on and wrap saucepan well in towel. Leave for three hours.

TOHEROA FRITTERS

12 minced toheroa
2 beaten eggs
1 finely chopped onion
½ cup milk (or beer)

Mix all the ingredients together and stir in 1 cup flour, 1 tsp baking powder, salt and pepper to taste. Fry spoonfuls in hot fat (or butter). Quickly brown both sides. Drain on brown paper and serve with lemon or tomato sauce.

TOHEROA PATTIES

20 toheroa
2 large onions
Bread
Pepper and salt
Few rashers of bacon
Parsley (optional)
3–4 beaten eggs

Mince the toheroa, bacon, onion and parsley. Add beaten eggs and seasoning, flour (about ¾ cup), ½ teaspoon baking powder and a little milk to make a thick batter, then fry.

(NB: Mussels may be used instead of toheroa.)

TOHEROA CHOWDER

2 large onions
2 ripe tomatoes
1 dozen minced toheroa
1 tsp ground mace
1 tbsp butter or dripping
Pepper and salt to taste

Chop onions finely, skin the tomatoes after standing in hot water for a few minutes, and cut into rounds. Fry the onions golden brown in a small portion of butter or dripping, then fry the tomatoes for 10 minutes. Add minced toheroa, mace, pepper and salt to fried onions and tomatoes and stir occasionally. Fry for 10 minutes and serve very hot on buttered toast or fried bread.

TUANGI

The *Tuangi* is a round and plump shellfish, light grey in colour on the outside, which is often confused with the *pipi*. Inside the shell, there is a pronounced blue purple mottling. The tuangi is found barely buried in sand or mud all along the coasts of New Zealand, particularly in sandy bays and harbours, between low and half tide. They are a very clean type of food, but reasonable care has to be taken as to where they are collected because of the dangers from pollution. Tuangi can be picked all year round, the only restriction being that of not more than one 4 gallon lot in the shell per person per day. Keep only the bigger ones,

Stand shellfish in fresh water for a few hours or even overnight. to remove sand and grit.

STEAMED TUANGI

Gather good sized cockles. For speed of preparation plus tenderness and taste, steaming can hardly be bettered. Clean the tuangi, place a layer of the shells in the bottom of a pan or saucepan and cover with cold water. Fire up and in a few minutes they have steamed open in their own juices and are ready to eat. While you are eating the first lot, the second can go into the pan. Eat with fresh bread and butter, a dip of vinegar, salt and pepper to taste.

GOLDEN TUANGI BATTER BALLS

½ cup flour
⅓–½ cup water
1 egg
2 tbsps baking powder
½ cup cornflour
1 dsstsp salad or cooking oil

Do not use salt as there is already enough in the shellfish. Sift flour, cornflour and baking powder into a bowl. Make a hole or well in the centre and stir in the beaten egg, water and then the oil. Let the batter stand for 20 minutes. Open the shellfish (six dozen will make 12 fritters). Place in a sieve over a bowl to drain off as much of the liquid as possible. Mince the shellfish and add to the batter mix. If this mix becomes too thick after standing, thin with the liquid drained from the tuangi. Drop spoonfuls into deep hot fat or oil and serve the Golden Batter Balls with a summer salad.

PUPU OR CAT'S EYE (Lunella Smaragda)

The familiar Cat's Eye is named after its shell sealing plate. It becomes less numerous, but larger, in southern parts of the country.

PRESERVED COCKLES

Gather good sized Cat's Eyes (or any other cockles), clean and put into a saucepan of cold water. Bring to boil for a few seconds and then turn off. Keep lid on while steaming. When cold shell the cockles by removing the cat's eyes. To 1 cup of vinegar add 1 cup water and 1 tbsp sugar. Bring all to boil — add prepared cockles and boil for 2 minutes then bottle. Delicious with bread and butter.

COCKLE FRITTERS

4 tbsp S.R. flour
½ tsp salt and pepper
1 cup shelled raw cockles
1 egg
Milk to mix

Mix flour, salt and pepper with enough milk to make batter consistency. Add egg and mix well. Mix in raw cockles. Deep fry in hot fat.

SCALLOPS (Pecten novae zelandiae)

The commercially exploited scallops are bivalves which usually live in beds near the high tide mark of harbours and estuaries. There are several types of scallops and most are edible, the best part being the muscle which closes the valves.

POACHED SCALLOPS

500g scallops — shelled and cleaned
450m milk
1 tbsp flour
½ tsp curry powder (optional)
1 dsstsp cornflour
Salt and pepper to taste
Large knob butter

Cut scallops into small portions and bring slowly to the boil. Stirring all the time, add salt, pepper and curry. Make a paste with flour and cornflour and add to the scallops after they have boiled for 3 minutes or are cooked. Keep stirring all the time. Serve hot. They may be garnished by putting into the oven with cheese and paprika sprinkled on top.

Variations of flavour: — Instead of curry, parsley may be added or 60–90g grated tasty cheese or 30g grated cheese, 3 tbsps cream sherry.

BANANA SCALLOPS

1 egg
1 tsp salt
¾ cup cornflake crumbs
6 firm bananas (still tinged with green)

Beat together egg and salt. Peel the bananas and cut into pieces about 3 cm long. Dip in the egg and roll in cornflake crumbs. Deep fat fry for about 2 minutes. Serve hot on toothpicks.

SCALLOPS

5 large scallops
Thin sliced prosciutto ham
Butter
Parsley
Buttered toast
Minced parsley

Wrap each scallop in prosciutto and secure with toothpick. Saute lightly in butter until scallops are tender, for about 20 minutes. Serve hot on buttered toast with minced parsley sprinkled on top.

GRILLED SCALLOPS

8 scallops
Butter
Salt and freshly-ground black pepper
4 slices hot buttered toast
1 tbsp finely-chopped parsley
Lemon juice

Wash and trim scallops; dry carefully. Place on a buttered baking tin. Dot with butter, season to taste with salt and freshly-ground black pepper. Pre-heat grill; place scallops about 8 cms from heat and grill for 4 to 6 minutes, or until scallops become delicately browned.

To serve: Place on hot buttered toast and sprinkle with finely-chopped parsley and lemon juice. Serves 4.

SCALLOPS AND MUSHROOMS IN WHITE WINE

Basic poached scallops
12 button mushrooms thinly sliced
4 shallots, finely chopped
2 tbsps finely chopped parsley
Butter
4 tbsps butter
2 tbsps flour
4 tbsps cream
Fresh breadcrumbs

Prepare scallops as above. Saute sliced mushrooms, finely-chopped shallots and parsley in butter until golden. Blend in 2 tbsps flour and add the reserved stock very slowly, stirring constantly. Stir in cream and combine scallops with the sauce in a baking dish. Sprinkle scallops with breadcrumbs, dot with butter and brown under the grill. Serves four.

BASIC POACHED SCALLOPS

8–10 scallops
300 ml dry white wine
Water to cover
½ onion, chopped
1 bouquet garni (parsley, thyme, bay leaf)
Salt and freshly-ground black pepper

Wash and trim scallops. Drain. Place in a saucepan with dry white wine and enough water barely to cover scallops. Add chopped onion and bouquet garni and season with salt and freshly-ground black pepper, to taste. Bring slowly to the boil and simmer gently for 5 minutes or until tender. Drain the scallops, straining and reserving the liquor. Slice scallops if they are large and use as directed in any of the following recipes. Serves 4.

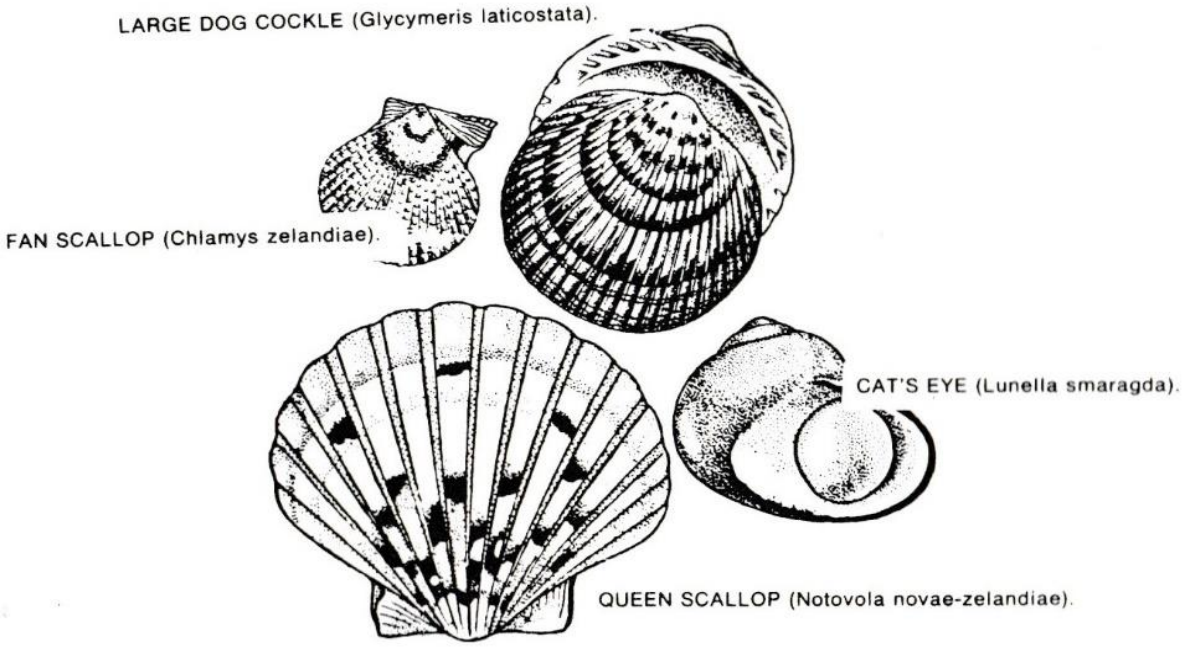
SCALLOPS MORNAY

500g frozen scallops, fresh if possible
1 small onion finely chopped
1 cup mornay sauce (see below)
½ cup white wine or lemon juice and enough water to make ½ cup liquid
1 tbsp butter
¾ cup grated mild cheese or parmesan cheese
¼ tsp salt and pepper
1 tsp chopped parsley

Saute onion in butter until tender. Add wine or lemon juice and water liquid. Add scallops and cook gently for 5 minutes. (If scallops are large, cut into 2 to 3 pieces.) Remove scallops and continue cooking liquid till it is reduced to three tbsps approximately. Add mornay sauce, parsley, scallops and mix well. Fill 6 scallop shells or small ramekin dishes and sprinkle a little more cheese on top. Grill until top begins to bubble. 4–6 servings.

Mornay Sauce:
2 tbsp butter
2 tbsp flour
½ tsp mustard
½ tsp salt
Dash cayenne pepper
1 cup milk
½ tsp Worcestershire sauce
½ cup grated cheese

Make in usual roux method as for a white sauce.


LARGE DOG COCKLE (Glycymeris laticostata).
FAN SCALLOP (Chlamys zelandiae).
CAT'S EYE (Lunella smaragda).
QUEEN SCALLOP (Notovola novae-zelandiae).

CURRIED SCALLOPS

Basic poached scallops
2 tbsps butter
2 tbsps flour
$\frac{1}{4}$–$\frac{1}{2}$ level tsp curry powder
4–6 tbsps double cream
Salt and freshly-ground pepper
Finely chopped parsley

Prepare scallops as above. Melt butter in the top of a double saucepan; stir in flour and curry powder, and cook over water, stirring continuously, until roux is well blended. Add enough scallop liquor (about 300 ml) to make a smooth, rich sauce. Add cream, sliced scallops and salt and freshly-ground black pepper to taste.

Fill scallop shells or individual casseroles with this mixture and sprinkle with parsley. Serves 4.

SCALLOPS SALAD

Basic poached scallops
3 tbsps olive oil
1 tbsp wine vinegar
Lettuce leaves
Salt and freshly-ground black pepper
Well-flavoured mayonnaise

Prepare scallops as above. Drain, slice and while still warm, toss in a bowl with olive oil, vinegar, salt and pepper, to taste.

Chill. Just before serving, add mayonnaise and toss. Serve in a lettuce-lined bowl. Serves 4.

FRIED SCALLOPS

8 scallops
2 eggs, beaten
4 tbsps cream
Salt and freshly-ground black pepper
Cornmeal, biscuit crumbs or fresh breadcrumbs
120g butter
150 ml oil
Lemon wedges

Wash and trim scallops; slice in half. Combine beaten eggs and cream in a bowl. Add salt and freshly-ground black pepper, to taste. Dip scallops in egg mixture, then in cornmeal or crumbs, and allow to set on aluminium foil for about 5 minutes before cooking.

Melt butter in a thick-bottomed frying pan or deep-fryer. Add oil; bring to frying temperature and cook scallops in fat until golden brown.

Serve immediately with wedges of lemon. Serves 4.

SCALLOP KEBABS

16 scallops
120g melted butter
4 tbsps dry breadcrumbs
Finely-chopped parsley
$\frac{1}{4}$ tsp dried marjoram
Grated rind of $\frac{1}{2}$ lemon
Salt and fresh-ground black pepper
4–8 rashers green bacon
Melted butter
Lemon juice

Dip washed and dried scallops in melted butter and then in dry breadcrumbs mixed with finely-chopped parsley, marjoram and grated lemon rind. Season to taste with salt and freshly-ground black pepper. Arrange 4 scallops on each skewer with 1 or 2 rashers of green bacon, weaving the bacon slice back and forth between the scallops.

Grill scallops lightly over charcoal or under the grill, basting with melted butter and turning the skewers frequently during cooking time. Serve with melted butter seasoned with lemon juice and parsley. Serves 4.

BAKED SCALLOPS

Basic poached scallops
2 tbsps butter
2 tbsps olive oil
1 clove garlic, finely chopped
2 tbsps freshly-grated breadcrumbs
Salt and freshly-ground black pepper
2 tbsps finely-chopped parsley

Prepare scallops as above. Heat butter and olive oil in a heat-proof baking dish until butter sizzles. Slice scallops thickly and toss in dish with finely-chopped garlic, parsley and grated bread-crumbs. Season to taste with salt and freshly-ground black pepper, and bake under the grill until scallops are golden. Serves 4.

OYSTER

OYSTER SOUP

1 dozen oysters
Small glass dry white wine
1 tbsp butter
2 tbsp flour
Juice of 1 lemon
Salt and pepper
6 cups fish stock

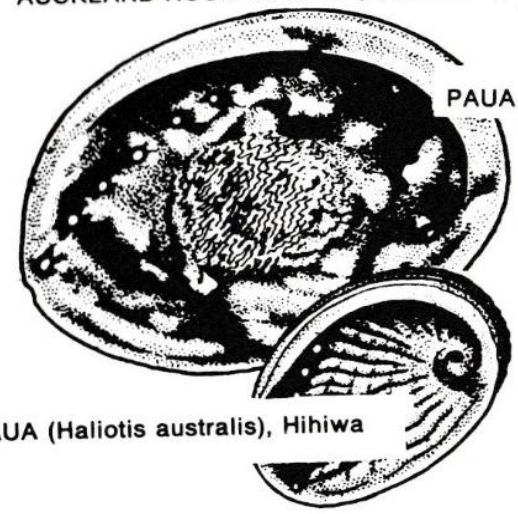
Add lemon juice to oysters and set aside. Add wine, salt and pepper to stock. Bring to boil then quickly reduce heat and simmer 5 minutes. Melt in a separate saucepan, butter and add flour. Slowly stir in soup liquid bringing just to boiling point. Just before serving add oysters.

OYSTER SAUCE

3 tbsps butter
$\frac{1}{2}$ tsp celery salt
$\frac{1}{2}$ tsp paprika
$\frac{1}{4}$ tsp cayenne
Shake pepper
1 tsp salt
3 tbsps flour
300 ml milk
1 bottle oysters (about $1\frac{1}{2}$ doz.)
Lemon juice

Melt butter with seasonings. Blend in flour. Gradually stir in milk. Cook, stirring constantly until thick and smooth. Add strained oysters and possibly a little oyster juice. Add lemon juice to taste, check seasoning before serving. Makes about 2 cups.

AUCKLAND ROCK OYSTER (Saxostrea glomerata).



PAUA (Haliotis iris).

SILVERY PAUA (Haliotis australis), Hihiwa

OYSTERS ROCKEFELLER

4 tbsps finely-chopped shallots
120g butter
4 tbsps fine breadcrumbs
1 bunch watercress
4 tbsps chopped celery leaves
4 tbsps chopped parsley
24 freshly-opened oysters
1 tsp finely-chopped chervil
1 tsp finely-chopped tarragon
4 tbsps pernod
Salt, freshly-ground black pepper and cayenne
Rock salt

Saute shallots in 4 tbsps butter until transparent, add breadcrumbs and stir over a low heat until lightly browned.

Chop finely watercress leaves, separated from their stems, celery and parsley. Combine shallot and breadcrumb mixture with minced greens in a large bowl or mortar, add finely-chopped chervil and tarragon, pernod and salt, pepper and cayenne pepper to taste. Add remaining butter and pound to a smooth paste. Keep cool until ready to use.

Place a bed of rock salt in a baking tin large enough to hold the oysters comfortably, or in 4 small tins; damp salt slightly and place oysters, opened, on this bed. Place 1 tbsp green herb butter on each oyster and bake in a hot oven 220°C(450°F) for 4 to 5 minutes, or until butter has melted and oysters are heated through. Serve immediately. Serves 4.

OYSTER STEW

450 ml oyster liquor
1.2 litre oysters
450 ml milk
4 tbsps butter
150 ml cream
Salt and freshly-ground black pepper
Cayenne pepper

Strain oyster liquor (approximately 450 ml) into a large saucepan. Wash oysters thoroughly and add to liquor. Simmer over low heat for 5 minutes. Add milk, and heat thoroughly, but do not allow to boil. Stir in butter and cream; add salt and pepper to taste and a dash of cayenne pepper. Serves 4.

PAUA (Haliotis iris)

The *paua* is a univalve shellfish with a large oval flattened shell up to 14 cm long, its inner surface bright with opalescent greens, blues and pinks. The outer surface of the shellfish itself is sooty black, but inside the flesh is quite white, but very tough. It is very good eating if properly prepared and cooked. It can be obtained only at low water or spring tides, otherwise it has to be dived for. It must be jerked quickly from its holding on the rock with a broad bladed knife slid underneath. Also with a sharp knife remove the fish (pewa or sac) from the shell and pull off the paua. Scrape and clean. Pulverize paua between clean cloth with a heavy wooden mallet until soft.

FRIED PAUA

Choose the amount of paua to suit the size of family. Fry in very hot fat and drain, but be careful to keep a lid or paper over the pan, as they splutter a lot. When cooked on one side, turn and reduce the heat. Serve.

PAUA FRITTERS (4 versions)

1. 3 paua
   2 medium sized onions
   Flour to mix
   2–3 cloves garlic
   1 egg
   Salt and pepper

   Pound the paua, cut into quarters and put through mincer. Place in a bowl with finely chopped onions, 1 beaten egg, the crushed garlic, salt and pepper. Mix in a little flour to thicken.

   Heat oil in a pan. Drop in the mixture in tablespoon lots. Cook gently for approx. 3 minutes on each side. Serve.

2. 2 cups flour
   Salt and pepper
   About $\frac{1}{2}$ cup milk
   2 eggs
   2 tsp baking powder

   Beat eggs well and add other ingredients, mixing till smooth in texture. Throw 4 paua into a pot of boiling water for 2–4 minutes to free from shells. When cool, mince and add to batter. Fry in spoonfuls in hot fat till cooked.

3. 8 paua
   1 onion
   1 egg
   Milk to mix
   1 cup flour
   1 tsp baking powder
   1 tsp salt

   Mince the paua and onion. Make a batter with flour, baking powder, salt, egg and milk. Add paua and onion. Put tablespoon lots of the mixture into a pan with hot fat and cook until brown on both sides. Serve.

4. Make a batter with 1 egg, $\frac{1}{2}$ cup milk, salt and pepper, flour to make it about the consistency of cream, and lastly $\frac{1}{2}$ tsp baking powder. Add 6 medium sized paua, minced, and fry in very hot fat for about 5 minutes. Drain and serve very hot.

PAUA SOUP (2 versions)

1. 2 small onions
   Dab of butter
   1 potato
   $\frac{1}{2}$ litre milk
   Minced paua
   1 carrot
   1 celery stick
   Salt and pepper

   Boil the celery until tender. Fry the onions with a dab of butter to a golden brown. Grate the carrot and potato. Heat 0.5 litres milk and when the skin forms add all ingredients. Bring to the boil and add the minced paua. Simmer for 5 minutes. Serve with potato crisps or toast fingers. This is useful when guests arrive and the dinner is still in the process of cooking or serving.

2. 2 litres water
   12–18 paua
   1 large chopped onion
   Herbs
   120g melted butter
   ½ cup flour
   450 ml milk
   Salt and pepper to taste

   Place the water, paua and onion in a saucepan, the paua and onion being in a muslin bag, add the herbs, salt and pepper to taste and simmer for ½ hour. Make a white sauce from the remaining ingredients, remove the muslin bag and pour the sauce into the pan. Simmer gently for 5–10 minutes, adding more seasoning if required. A pinch of cayenne and mace may be added.

PAUA STEAKS (2 versions)

1. 3 *average size paua*. Using a rolling pin or hammer, beat the white part of the paua to a pulp. Slice into long thin strips. Roll in salted flour and fry in hot butter, allowing 5 seconds each side. Serve with mashed potatoes, kumara, pumpkin or green/butter beans. Garnish with sliced tomatoes.

2. 6 *paua*. Pound until soft. Put 2 tbsps of oil into a frying pan. Fry lightly, turn until both sides are cooked. Delicious with pineapple rings or fried bananas. Do not have oil too hot or the paua will harden.

PICKLED PAUA

2 cups minced or finely chopped paua
1½ cups vinegar
½ cup golden syrup
½ cup flour
½ tbsp curry powder
2 dsstsp mustard

Boil the paua for 15–20 minutes with vinegar. Add the rest of the ingredients and mix together with 1 cup vinegar. Boil altogether for 10 minutes, cook, bottle and seal.

PAUA PANCAKES

6 minced paua
4 eggs
2 cups flour
3 tbsps baking powder
½ tsp salt
Milk to mix

Put flour into a mixing bowl and make a well in the centre. Add eggs, baking powder, salt and beat well adding milk to make a pancake mixture. Put the pan on the stove and grease, pour a ladleful of mixture into the pan, take a spoonful of paua and pour into the centre of the pancake. Quickly add another spoonful of pancake over the top and fry until cooked.

CREAMED PAUA

500g paua minced
2 tbsps butter
2 tbsps flour
Salt and pepper
1 large onion
1 cup milk
½ cup cream

Make a white sauce of butter, flour and milk. Add salt and pepper, then the onion sliced very thin. Keep stirring and when cooked, add the paua. Stir thoroughly, add the cream, bring to boiling point and stand aside, covered, until the paua is cooked. Serve with rice or mashed potatoes and parsley.

CREAMED PAUA AND BACON

12 paua cleaned and hammered
6 rashers bacon
300 ml cream

Place the bacon in a frypan, flour the paua and place on top. Cook gently for 5–10 minutes or until tender. Pour the cream over and simmer for 5 minutes. Serve.

PAUA CASSEROLE

1 kg paua
300 ml fish stock
¼ cup flour
Salt and pepper
1 medium onion finely chopped

Chop and quarter the paua and place in a paper bag with flour and seasonings. Coat well. Fry the paua pieces in oil for about 5 minutes, remove and place in a fireproof casserole dish. Fry the onions and add to the paua. Shake the flour and seasonings from the bag into the remaining sediment in the pan. Add fish stock slowly to make a light sauce. Pour sauce over the paua. Cover and cook slowly for 1½ hours at 120–150°C (250–300°F). It must be a slow oven as long cooking helps to tenderise the paua. Serve this as an entree on plain boiled rice. It may need thickening and this is done at the end of cooking, using cornflour and a little top-milk. Cream may be added at the end, about 2 tbsps for this quantity.

PAUA IN CREAM

1 kg paua
2 tbsps cornflour
600 ml cream
Salt and pepper
1 onion
¾ cup milk
30g butter

Slice the prepared paua into small pieces. Melt the butter in a saucepan and add finely chopped onion. Fry till golden brown. Add chopped paua and toss quickly to saute evenly. Add cream and heat to just below boiling point. Thicken with cornflour mixed to a paste with milk. Add seasoning and serve immediately. Do not overcook as this toughens the paua.

PAUA WITH PINEAPPLE SAUCE

1 dozen medium sized paua
1 dsstsp flour
60g butter
1 medium sized can of pineapple rings
Salt and pepper

Take the clean paua and place on a breadboard. With two dinner forks, one held in each hand, fork the paua well on both sides. Toss paua generously with flour and fry in butter for 15 minutes remembering to turn paua over. Arrange paua on a meat dish or casserole lid and leave in a warm oven.

Sauce: Remove the excess fat in pan if any. Add 1 dsstsp flour, ½ cup pineapple juice, salt and pepper and mix to a paste. Add 1 dsstsp warm water, stir and then return to cook over a slow heat stirring constantly to prevent lumps.

When thickened, pour the sauce over the paua and use the pineapple rings to garnish. Serve hot. They are also delicious with baked kumara.

CREME PAUA

Paua
Onions, finely chopped
Butter
Seasoning

Prepare sufficient paua for the number of people to be served. Put butter into frying pan and lightly fry paua and onions, then season to taste. Remove from the pan, add milk and thicken with cornflour mixed with milk. Cook and return the paua to the frying pan. Serve on toast or as an entree.

PAUA AND MEAT PIE

250g diced mutton pieces
4 minced paua
2 onions
2 grated carrots
½ cup water
Grated cheese
Crushed pineapple
2 thinly sliced potatoes

Rub a pie dish all over with garlic and cover the bottom with the mutton pieces, then with onion, minced paua, onions and carrots. Finally add pineapple pieces, cheese and water. Slice the potatoes on top and then cover with pie crust. Bake in a pre-heated oven for 20 minutes. Serve.

SELF-PRESSURE COOKED PAUA

Shell the amount of paua to size of family, remove the waste from the base of the paua, wash and replace in shells. Melt a little butter in a pan, place the paua face down, using the shells as pressure. Cook for about 15–20 minutes or longer depending on the size of the paua. Remove from shells and serve immediately.

TO FREEZE PAUA

Cook the paua in boiling water for a few minutes to free from shells. Cool and mince. Pack in plastic bags in sufficient quantities for making fritters. Remove any air and fasten tight.

BARBECUE PAUA WITH ONIONS

Shell the paua and tenderise. Melt a little butter or dripping on the barbecue hot plate and cook the paua slowly. When the paua is just about cooked, put onion rings with the paua and cook together until the paua is tender. Serve hot with potato chips, fried bread, salt and pepper to taste.

SAVOURY PAUA DIP AND MINCED PAUA

1 tin Nestles Reduced Cream 1 pkt Maggi Onion Soup
Minced Paua

Boil a pot full of paua in cold water, cook till they lift out of their shells easily, clean and put through a mincer. If patties are desired, put some slices of stale bread through the mincer as well. Put all in a pie dish with pepper and salt and enough flour to mould into little patties. Fry in boiling oil till nice and brown on both sides. Minced paua may also be cooked in a pancake batter without sugar.

WHITEBAIT

WHITEBAIT OMELETTE (2 versions)

1. 2 medium cups fresh whitebait
   4 eggs
   ½ tsp chopped parsley
   ½ tsp finely cut chives
   1 tbsp butter
   Pepper to taste

   Beat eggs well, add whitebait. Melt butter in a frying pan when hot, add the omelette. When cooked well, turn gently and serve hot at once. Garnish with chives or parsley. Serves four.

2. 2 eggs
   ½ tsp salt
   3 tbsps oil
   1 cup whitebait

   Beat eggs and salt together with a fork. Heat oil until hot in a medium sized frying pan. Pour in beaten eggs. Reduce heat slightly and cook until the omelette is half set, lifting the edges. While the top of the omelette is still liquid, spread the whitebait carefully over it. Continue to cook until the egg is almost set. Remove pan from heat and leave the omelette for a few minutes, then roll it, and leave it, joined upside down, until cold. Serve in 1.5 cm slices as a party supper dish. Serves 4–6.

WHITEBAIT PUFFS

250g whitebait
Small tsp baking powder
1 tbsp milk
Salt and pepper to taste
2 tbsp flour
Tsp chopped parsley
2 eggs

Mix all together, use butter for frying.

WHITEBAIT FRITTERS

500g whitebait
2 eggs
2 dsstsp S.R. flour
Salt and pepper

Beat eggs, flour and salt and pepper. Add whitebait. Cook in hot fat until golden brown. Serve immediately with lemon slices and parsley.

NOTE: Do not keep in oven or warming drawer.

WHITEBAIT SCRAMBLE

1 egg
1 tbsp butter
1 cup whitebait
1 tbsp milk
Seasoning

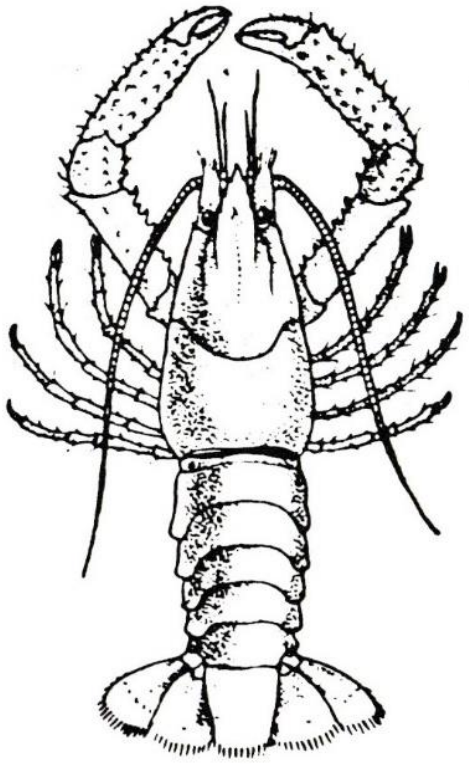
Beat egg and add milk and seasoning. Stir in whitebait until thoroughly coated in mixture. Melt butter in fry-pan and add spoonfuls of mixture to pan and cook until the egg sets and both sides are lightly browned. More eggs per mixture can be used if desired. Makes about 12.

KOURA OR CRAYFISH

The Maori term Koura refers to both freshwater crayfish and saltwater crayfish. Freshwater crayfish can be found in many different habitats — swamps, rivers, lakes and streams — and are usually gathered from where they have hidden under stones in the stream, or their burrows in the side of stream beds. The best time to search for them is at night with a torch, wading in the stream and netting them when sighted. There are two main species of saltwater crayfish: Red Crayfish (Jasus edwardsii) and Packhorse or Green Crayfish (Jasus verreaux), the former being found from Three Kings to the Auckland Isles and the latter north of the Bay of Plenty. Crayfish contain little fat, but have a good protein content. The muscle fibres of the larger varieties, however, are not readily digested and some people are sensitive to the proteins of these creatures and develop a variety of allergic reactions after eating. All the same, there is no denying they have more flavour than most fish.

KOURA MAROKE (Crayfish Tails)

Take 1 bag of crayfish and put in cold water long enough so you can remove the tail from the body without breaking. Cut the shell from the flesh and hang on a hook made from wire for two days to dry, making sure the tails are brought in each night. Now pound the tails flat, rehang them on the line until the tails are completely dry. They are now ready for the larder. They are delicious to eat as they are, or cooked with boiled meat and vegetables. It is possible to dry pipi, paua and kumara in the same way except they are threaded onto string.



FRESH WATER CRAYFISH (Paranephrops planifrons).

CRAYFISH NEWBURG

450g crayfish, raw
60g onions, finely chopped
90g butter
90g flour
1 tbsp paprika
½ cup milk
½ cup cream
¼ cup dry sherry
1 tsp salt
Pinch white pepper

Melt butter and saute onions until done, add raw chunks of crayfish (approximately 3 cm chunks) to onions. Sprinkle paprika over crayfish and stir gently to distribute paprika evenly. A fast heat should be used. Pour dry sherry and simmer crayfish for approximately 3 minutes. Add salt, pepper and flour to the meat, stir gently. Add combined hot milk and cream to the mixture slowly. Stir gently, while pouring, bring to boil and simmer 3 minutes. Adjust consistency and seasoning. Serve with buttered rice. 3 servings.

CRAYFISH PIE

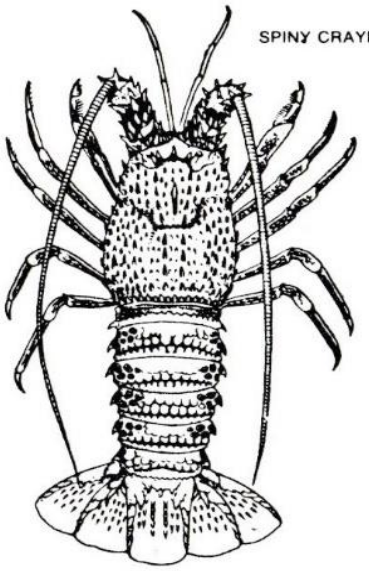
450g cooked crayfish
300 ml milk
1 tsp sugar
60g butter
1 tbsp vinegar
Breadcrumbs
½ tsp mustard
2 level tbsps flour

Melt the butter in a pot. Stir in flour, salt, add milk and cook for 3 minutes. Flake the fish and put in a casserole. Add vinegar, sugar, mustard to the sauce. Pour over the fish and cover with breadcrumbs. Dot with butter and bake at 200°C for 25 minutes.

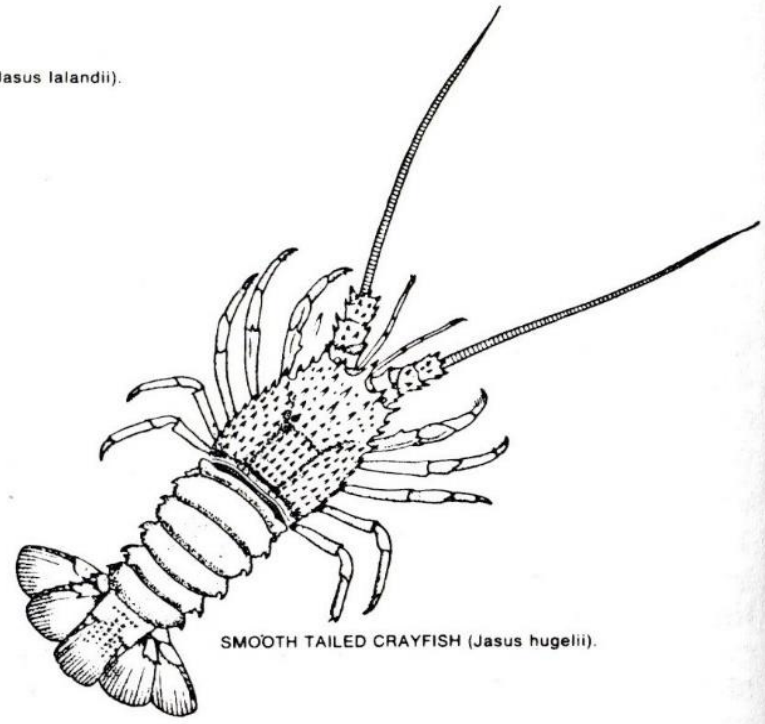
KOURA MARA

1 large crayfish
1 finely chopped onion
½ cup vinegar
½ cup water
1 dsstspn sugar

Take the crayfish and steep in cold salted water for two or three days. Take it out of the brine. Cut the crayfish into two lengthwise. Remove all the flesh and put into a bowl. Wash the shell carefully and dry well. Mix vinegar, water and sugar to the crayfish pulp, sugar may be eliminated if you wish. Pile back into the shells. Pipe mashed potato and mashed kumara around the shell and garnish with lemon and gerkin slices.



SPINY CRAYFISH (Jasus lalandii).



SMOOTH TAILED CRAYFISH (Jasus hugelii).

MANGO (Mustelus and Squalus Sp.)

One of the principal saltwater fish which was formerly eaten was the shark (mango), which was caught in great numbers with the hook. Strictly speaking they were dogfish of the Mustelus and Squalus species. They were cut open and hung up in the sun and wind on high horizontal poles to dry for 4–5 months. Their ova was preserved and dried and was considered a great delicacy. Mango was a winter food, a small quantity being cooked as a relish for the kumara.

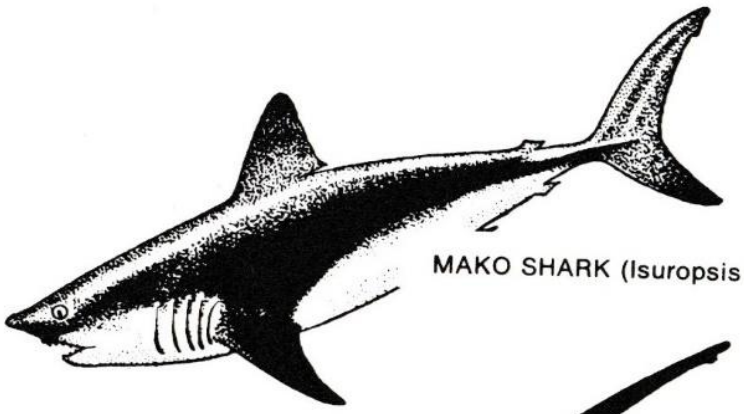
MANGO MAROKE (Cured or Dried Shark)

Cut fresh shark into strips, hang out to dry and store for winter use. When required, cut the dried shark into 10 cm pieces, place on top of kumara and steam for $\frac{1}{2}$ hour.

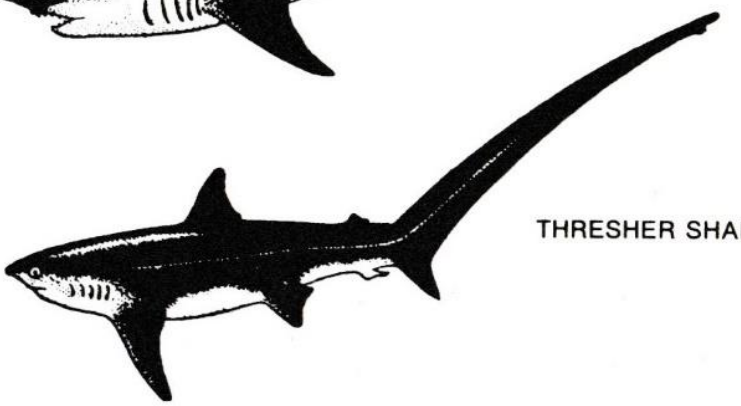
MANGO MAROKE

With a good fire going, place the dehydrated whole fish onto it, allowing it to be well charred and burnt black. Remove the blackened fish from the fire and when it is slightly cool, scrape away all the charred shark skin with a solid knife. Immediately below this is a golden surface. Break the fish lengthwise to reveal the flakey golden flesh ready to be eaten.

The powerful odour the fish emits when opened out can be disconcerting at first, but it is a very tasty dish. It is a good side dish, but only small portions can be eaten at a time.



MAKO SHARK (Isuropsis mako).



THRESHER SHARK (Alopias caudatus), Mango ripi

ATE MANGO (Shark's Liver)

Take the liver from a fresh shark/dogfish. Be careful to remove the gall bladder without breaking. Wrap the liver in clean cabbage leaves and steam for 1 hour. This is eaten with any boiled fish.

MARINADE FOR KINGFISH STEAKS

¼ cup soy sauce
¼ cup tomato pulp
1 clove garlic
½ tsp salt
¼ cup orange juice
2 tbsp lemon juice
1 tsp oregano
¼ tsp black pepper

Mix all ingredients together and use as a marinade for thick kingfish steaks.

Leave in marinade for about two hours, turning occasionally. Barbecue or grill steaks brushing with the marinade from time to time.

TROUT

TAUPO TROUT

1 trout cleaned
7 slices bacon

Stuffing:

1 cup cooked rice
1 onion
Slice of bacon (chopped)
Salt and ground pepper
½ cup tasty cheese
½ green pepper (cooked for 1 minute in 1 tbsp butter)

Mix all ingredients for stuffing together. Stuff the trout, wrap in bacon slices and season well with ground pepper and put three or four knobs of butter along the top of the trout. Wrap the whole thing in tin foil and seal. Place in a heated oven 200°C for 1 hour. Serve with lemon juice.

TROUT AMANDINE

4–6 fresh trout
Salt and freshly-ground black pepper
Milk
Flour
120g butter
1 tbsp olive oil
4–6 tbsps blanched slivered almonds
Juice of ½ lemon
2–4 tbsps finely-chopped parsley

Season cleaned trout with salt and a little pepper, dip them in milk and then in flour, and saute fish in half the butter and 1 tsp oil until golden brown on both sides. Drain the fat from the pan and melt remaining butter. Add blanched slivered almonds and cook, shaking pan continuously, until the almonds are golden brown. Add lemon juice and finely chopped parsley and pour the sauce over trout on a heated platter. Serves 4 to 6.

TROUT PERE LOUIS

4 fresh trout
4 tbsps butter
6–8 tbsps cream
2 tbsps Grand Marnier
2 tbsps cognac
Salt and freshly ground black pepper
2–4 tbsps sliced toasted almonds

Melt butter in a thick bottomed frying pan and saute trout until tender. Heat cream, without letting it come to the boil, in a saucepan. Stir in Grand Marnier and cognac and add salt and freshly-ground black pepper to taste. Place trout on a heated serving dish; pour over the sauce and sprinkle with sliced toasted almonds. Serve immediately. Serves 4.

TRUITE MARINEE ETOILE

6 medium sized trout
6 tbsps olive oil
Malt vinegar (just enough to cover trout)
Marjoram
Vinegar
Salt and freshly ground black pepper
Escoffier's Sauce Diable Chili sauce
120g button onions

Clean and trim trout and saute gently in olive oil until fish flakes with a fork. Place trout in a porcelain bowl and allow to cool.

Combine malt vinegar, just enough to cover trout, with marjoram, salt and pepper, to taste, and bring to the boil. Pour marinade mixture over the trout and allow to marinate for 24 hours.

Place trout on a serving dish. Add a little Sauce Diable and chili sauce to strengthen the marinade and pour over the trout. Add whole button onions which you have boiled lightly and then soaked in vinegar. Serves 6.

BAKED FISH

Stick slivers of garlic, bacon or aromatic herbs into the fish and lay it in a buttered fireproof dish. Pour melted butter, oil or wine over it and sprinkle with flour or breadcrumbs. Cook in a hot oven covering the fish for part of the cooking time with greaseproof paper or aluminium foil to keep it moist. Baste regularly. Sprinkle the fish with salt, pepper and lemon juice and serve with a sauce.

BRAISED FISH is cooked slowly with vegetables and herbs and some fairly concentrated stock in a closed casserole either in the oven or on top of the stove.

Put a layer of sliced onions, carrots, white stems of leek, stalk and trimmings of mushrooms, some blanched bacon if liked, thyme, parsley and bay leaf, fennel, salt and pepper. Pour over a glass of wine and water. Set the fish on the vegetables, cover and cook at a low temperature. When the fish is ready, serve with the braising vegetables. Strain the juices and let them reduce over the fire, or thicken with beurre manie (1 tbsp flour worked together with 1 tbsp butter), egg yolks or cream.

COOK IN FOIL

An easy way of cooking and one which reduces smell and disagreable washing up is to cook fish in foil. Fish cooked this way is very tender and well flavoured.

Wash and trim the fish and put it on a sheet of aluminium foil or buttered greaseproof paper with some chopped onions and carrots, fresh or dried herbs, salt and pepper and a pinch of powdered mace or other appropriate seasoning. (Be careful not to overdo the flavouring as this is intensified by being sealed in.) Add fresh butter and perhaps a spoonful of pernod, white vermouth or sherry. Stuffing is also excellent for this purpose. The fish can be lightly grilled or saute in butter before wrapping. Fold over the wrapping and roll the edges to close. Foil-wrapped food, provided you have not pierced the wrapping, can be cooked directly over a low flame, on a flameproof mat over the fire, or in the oven.

SNAPPER

SNAPPER PIQUANTE

450g snapper fillets
1 clove garlic (crushed)
30g butter
½ tsp nutmeg
2 onions
4 tomatoes
4 fl oz milk
3 fl oz dry white wine
1 tsp salt
Pepper to taste
Parsley

1. Place snapper fillets in ovenproof dish, add milk, wine, nutmeg, salt and pepper and crushed garlic.
2. Bake at 170°C for 20–25 minutes.
3. Melt butter in saucepan.
4. Slice onions in rings ¼ inch thick.
5. Saute in butter until tender, but not too brown.
6. Slice tomatoes into ⅛s.
7. Add to onion and heat. Season with extra salt and pepper.
8. Place onion and tomato mixture on hot serving dish.
9. Remove fish from liquid and place on top of onion and tomatoes.
10. Garnish with parsley.
    Serves 4.

SNAPPER FILLETS DEEP FRIED

4 medium snapper fillets (approx. 450–700g)
2 tbsps flour
½ tsp salt
¼ tsp pepper
1 small egg
Dried breadcrumbs
Fat or oil for frying
Parsley — washed and dried
Extra salt, pepper and parsley
Lemon slices
Paprika

1. Wipe snapper fillets.
2. Mix flour with ½ tsp salt and pepper.
3. Lightly beat egg and season.
4. Flour fillets then dip in egg and finally breadcrumbs.
5. Deep fry in fat at 160°C.
6. Just before fish is cooked place bunch of washed and dried parsley in hot fat.
7. Cook fish and parsley together 1 minute.
8. Serve garnished with either fried parsley, or lemon slices decorated with raw chopped parsley and paprika.
   Serves 4.

BLUE COD WITH ALMONDS

450g boneless Blue Cod fillets
¼ cup milk
½ tsp salt
Flour
Butter
60g chopped almonds
1 tsp tarragon (optional)
Lemon wedges
Olives or grapes for garnish

Alternative fish: Tarakihi, Flounder, Sole or Butterfish.

1. Wipe the Blue Cod.
2. Dip in milk to which salt has been added, then coat with flour.
3. Fry in hot butter until golden on both sides approx. 6–7 mins.
4. Put fresh 60g butter in the pan, add the almonds and cook until light brown.
5. Arrange the fish on a hot serving dish and pour over the almonds and the butter in which they were cooked.
6. Sprinkle with 1 tsp finely chopped tarragon leaves (optional), garnish with lemon wedges and oval shaped potatoes and black grapes or olives.
   Serves 3–4.

SPICY FRIED BLUE COD

4 Blue Cod fillets (450–700g)
2 tbsp flour
½ tsp salt
Shake pepper
½ tsp nutmeg
60g butter

Sauce:
¾ cup milk
1 tbsp flour
¼ tsp nutmeg
1 tbsp butter

Alternative fish: Tarakihi, Snapper, Hake or Gurnard.

1. Combine flour, nutmeg, salt and pepper then use to coat the fish.
2. Melt the butter in a frypan.
3. Add the fish and cook turning once approx. 6–8 mins.
4. Make the sauce and serve with the fish.
5. Garnish with lemon wedges.
6. Serve with mushrooms, cucumber, tomato, potatoes and green salad.
   Serves 4.

CHILLED SNAPPER

6 snapper steaks (700–900g)
4 tomatoes (450g approx.)
2 medium onions
1 green chilli or green pepper
60g chopped bacon
2 fl. oz. salad oil
Salt and pepper to taste
1 level tbsp brown sugar
1 tsp paprika
2 fl. oz. white wine
1 stalk chopped celery
1 tsp chopped parsley
1 clove garlic

1. Wipe snapper steaks and sprinkle thoroughly with salt.
2. Place in a casserole dish.
3. Blanche tomatoes and chop roughly.
4. Dice onion and crush garlic.
5. Heat oil in pan and add onion, tomatoes, bacon, garlic, brown sugar, paprika and celery.
6. Simmer together until thick and pulpy.
7. Add wine, cook 2 minutes.
8. Pour this tomato mixture round fish.
9. Cover with fitting lid or foil, bake 175°C for 30 minutes.
10. Chill thoroughly.
11. Sprinkle with parsley.

Serves 6.

BAKED SNAPPER

$1\frac{1}{2}$ kg snapper (allow 500g fish per serving)
Seasoned flour
Dry breadcrumbs
Beaten egg

1. If using a whole fish, remove the head or use tail section of a larger fish.
2. Wipe fish then dip in seasoned flour, beaten egg then breadcrumbs.
3. Place fish in well greased ovenware dish or roasting pan.
4. Bake at 175°C until tender when tested with a fork (approx. 30 minutes)
5. Turn once during cooking.

Sauce:

1 cup milk
1 bayleaf
1 tsp mace
Salt and pepper
1 tbsp flour

1. In saucepan heat milk with bayleaf, mace and salt and pepper.
2. Remove baked dish to a serving dish.
3. Lightly brown flour in stock remaining in baking dish.
4. Gradually add milk.
5. Cook 3 minutes.
6. Serve with Baked Snapper.

SOLE BONNE FEMME

4 Flounder or Sole Fillets
Parsley, finely chopped
Lemon slices
Grated Cheese
8 mushrooms
Butter
2 tomatoes, chopped

Alternative Fish: John Dory or Blue Cod.

1. Season and flour the fish and fry in the butter.
2. Remove from pan and arrange on hot serving plate.
3. Chop the mushrooms and fry in the remaining hot butter, then sprinkle with the parlsey.
4. Arrange around the fillets adding chopped tomatoes sprinkled with cheese for extra colour.
5. Serve with vegetables and buttered potatoes.
6. Garnish with lemon slices topped with olives if desired.
   Serves 4.

STUFFED FLOUNDER

4 smallish Flounder or Sole
$\frac{1}{4}$ cup finely chopped celery
60g butter
Lemon wedges
$\frac{3}{4}$ cup crushed pineapple (drained)
Salt
Tomatoes

1. Remove fins from fish but leave the head on.
2. Bone the fish as follows: On underside make a cut along the backbone, with a small sharp knife, separate the fillet from the bones. Using scissors break the backbone near the head and $\frac{1}{2}$ inch from the tail, then cut around the sides of the skeleton and lift out.
3. Sprinkle the cavity with a little salt then stuff with the pineapple and celery which have been mixed together.
4. Close the pocket and secure with toothpicks.
5. Melt the butter in a roasting pan, add the fish and bake 175°C for 20–25 minutes or until tender when tested with a fork.
6. Garnish with lemon wedges and tomato lillies.
7. Serve with baked potatoes and vegetables or salad.
   Serves 4.

ASPARAGUS AND FLOUNDER ROLLS

8 fillets Flounder or Sole
Butter
Lemon wedges for garnish
8 spears asparagus (tinned or cooked in water and butter)

Alternative Fish: John Dory, Blue Cod or Tarakihi.

1. Sprinkle fillets lightly with salt.
2. Place a spear of asparagus and a dot of butter on each fillet.
3. Roll up and secure with a toothpick.
4. Place under a preheated grill (3 inches from the heat), baste with butter.
5. Cook, basting as necessary and turning once for approximately 7 minutes.
6. If a sauce is required use 1 cup No. 2 white sauce, substituting $\frac{1}{2}$ cup juice from the asparagus for $\frac{1}{2}$ the milk.
7. Serve with vegetables and creamed potato.
   Serves 4.

FLOUNDER OR SOLE 'LENORE'

4 medium Flounders or Soles
8 button mushrooms
Fresh lemon juice
Flour
Paprika powder
250g tin creamed mushrooms (or 250g mushrooms cooked in butter and creamed)
Butter
Parsley finely chopped

1. Remove heads, fins and skin from fish.
2. Sprinkle with lemon juice then salt and pepper.
3. Dip in flour then melted butter.
4. Place under a preheated grill, add the button mushrooms and cook until the flesh is just tender, (4 minutes each side approx.) and the mushrooms are done.
5. Remove the bone structure by making a cut along the backbone and folding the fish towards the sides like the pages of an open book.
6. Break the backbone 1.5 cm from the tail and lift the skeleton out, taking care not to break it or damage the fish.
7. Fill the cavity with hot creamed mushrooms.
8. Arrange the fish on a serving plate and keep it in a warm oven until required.
9. Using kitchen scissors trim the bone structure to an oval shape.
10. Dip one side of skeleton in parsley and the other in paprika.
11. Bend to form a slight arch and stick in that position on the fish.
12. Garnish with the grilled mushrooms and lemon wedges.
13. Serve with puff pastry crescents.
    Serves 4.

STEWART ISLAND BLUE COD

450g Blue Cod fillets
½ doz. oysters (and juice)
½ cup cream or top milk
Salt and pepper
1 tsp cornflour
1 doz. black grapes (halved and seeds removed)

Alternative Fish: Flounder, Sole or John Dory.

1. Cut fish into 2 cm cubes and poach in the oyster juice adding a little water if required.
2. When fish is tender, remove to a hot serving dish.
3. Add the cream to the liquid in which the fish was cooked, season with salt and pepper and heat.
4. Mix cornflour to a smooth paste with a little extra milk and use to thicken the sauce.
5. Boil 1 minute then add the roughly chopped oysters. Cook 2 minutes.
6. Pour over the Blue Cod and garnish with grapes. If grapes are not available use prunes or tomatoes.
7. Serve with crescent shaped puff pastries and vegetables.
   Serves 4.

BAKED BLUE COD

450g Blue Cod Fillets
Aluminium foil
Salt
4 slices lemon

Alternative Fish: Tarakihi, Red Cod, Butterfish or Gurnard.

1. Sprinkle the Blue Cod with salt and top with a lemon slice, then wrap in foil.
2. Bake 20–25 minutes at 175°C.
3. Serve with mustard or Hollandaise Sauce.

1 tbsp vinegar
1 dsstsp dry mustard
1 tsp sugar
1 egg yolk
1 level tbsp flour
1 tbsp butter
$\frac{3}{4}$ cup milk

1. Mix vinegar, flour, mustard, sugar and salt to a smooth paste.
2. Beat egg yolk, add milk and stir into the mustard mixture.
3. Bring to the boil stirring constantly.
4. Simmer 2 minutes.
5. Add the butter and mix thoroughly.
6. Keep the lid on the saucepan until sauce is required.
7. Serve the fish with the above sauce, carrot sticks and baked potatoes.
   Serves 3–4.

BAKED STUFFED GURNARD

Stuffing:

1 whole gurnard
3 rashers fat bacon
1 tbsp cornflour
1 small onion finely chopped
1 tsp salt
30g melted butter
60g butter
1 cup pineapple juice
1 cup soft breadcrumbs
1 tsp finely chopped mint
1 tbsp finely chopped parsley

1. Using scissors remove fins from gurnard.
2. Wipe fish then sprinkle with salt.
3. Combine all ingredients to make stuffing.
4. Stuff fish and skewer or sew up the opening.
5. Melt 60g butter in baking dish and add stuffed fish.
6. Cover with bacon rashers and baste well.
7. Bake 180°C 35–40 minutes or until fish is tender when tested with a fork.
8. Remove fish to a hot serving plate.
9. Drain off any excess fat from baking dish and add pineapple juice.
10. Mix cornflour to a smooth paste with a little water and use to thicken the gravy.
11. Serve with baked gurnard.
    Allow 250g raw whole fish per serving.

SAVOURY GURNARD ROLLS

4 small fillets gurnard
Salt and pepper
Toothpicks
125g sausage meat
Butter for frying

1. Sprinkle boneless fillets with a little salt and pepper.
2. Spread on sausage meat.
3. Roll up each fillet and secure with toothpicks.
4. Fry in butter or oil.
5. Serve with vegetables or salad.
   Serves 4.

RED SNAPPER FRIED WITH A BETTER BEER BATTER

1 cup S.R. flour
2 tbsp soya bean oii
Fresh ground white peppercorns
Red snapper fillets
1 cup beer
Cheese
1 egg
$\frac{1}{4}$ tsp salt
$\frac{1}{4}$ tsp paprika
Tomato
Parsley
Lemon

Sift flour, salt, paprika, pinch of pepper, into bowl. Add egg yolk (save the white) and soya bean oil. Stir into flour and gradually add beer, stirring until the batter is free of lumps. Overbeating will cause the mixture to blister in the hot fat.

Beat the egg white until firm and it stands up in peaks. Fold into batter mixture. Dip fish pieces in and deep fry in hot fat or oil until golden brown.

Serve with lotus shaped tomato pieces and cheese, parsley and lemon wedges.

The beer gives this batter a tasty, spicy and aromatic flavour, 'morish' and quite different from the ordinary.

LOLO FIJIAN (Fish in Coconut Cream)

450g fresh fish fillets
Parsley and paprika
Salt and pepper
2 tomatoes
1 medium onion
3 coconuts

Break open the coconuts and discard the milk. Grate the meat into a bowl and cover with a small amount of hot water. Let stand until luke warm then squeeze the coconut and water through the hands for five minutes. Strain through a muslin bag to separate the coconut from milk liquid. Throw away the coconut and use the expressed cream.

This dish can be cooked in a saucepan on top of your stove if you do not have an oven, being careful it only simmers for the same time. Otherwise, cut the fish into small edible pieces and put in an ovenproof dish, place slices of skinned tomatoes on top, then onion rings, salt and pepper. Pour over coconut cream and place in an oven set 177°C (350°F) and cook for 15–20 mins.

Serve with vegetables , decorate the fish with a sprinkling of paprika and a few sprigs of parsley.

TO COOK MULLET

1 whole mullet
Bunch spring onions
Cup chopped oysters
Foil
2 knobs butter
Salt and pepper
Cup dry breadcrumbs (white)
Lemon and parsley

Wipe fish dry and sprinkle it inside with salt and pepper.

MAKING THE STUFFING: Mix dry breadcrumbs with chopped spring onions, oysters, salt and pepper to taste, then add lump of butter to bind it altogether. Stuff the fish and place on the buttered foil, wrapping it securely. Bake in a baking dish at 176°C for 35 to 40 minutes. Remove the foil, serve with lemon wedges and garnish with sprigs of parsley. The seafood stuffing gives this fish a lovely 'oystery' taste and is a grand dish to barbecue.

FRIED GARFISH WITH TARTARE SAUCE

Garfish for 4 persons
Lemon slices
Flour

Cut off the heads (and tails, if you wish). Wash well in fresh water and dry thoroughly on absorbent paper. Coat fish with plain flour seasoned with pepper and shake off surplus. This is easily done by shaking them in a plastic bag with the flour. Deep-fry in hot oil until cooked and a golden brown in colour. Dusting with a little salt is best done when serving.

Tartare Sauce

Put the following all together with salt and pepper to taste and place in a serving boat.
Chopped gherkin, parsley and capers — 1 tsp each.
Mayonnaise — $\frac{1}{4}$ pint.
Dried tarragon — $\frac{1}{2}$ tsp.
Sugar — $\frac{1}{4}$ tsp.

TARAKIHI

KERI-KERI TARAKIHI

450g Tarakihi fillets (remove bones)
1 egg
1 large fresh orange
60g chopped peanuts
Salt
Butter or oil for frying.

1. Peel orange and slice fairly thickly.
2. Rub fish using 1 slice of orange.
3. Sprinkle fillets with salt.
4. Dip fish in beaten egg then in chopped nuts.
5. Use knife blade to press nuts firmly into fish.
6. Fry with a slice of orange on each fillet.
7. Turn carefully once during cooking returning orange to top of fillets.
8. Serve with salad made with cabbage, apple, tomato and chopped orange.
   Serves 4.

TARAKIHI MORNAY

1 small fillet per person (remove any bones)
6 fl. oz. fish stock
½ tsp cayenne pepper
1 tbsp lemon juice
60g grated medium tasty cheese or cream cheese
30g butter
3 level tbsp flour
1 tsp salt
2 sliced gherkins
1 dsstsp mayonnaise
Breadcrumbs
15g parmesan cheese

1. Poach fish (use 2 cups water, 1 tbsp white vinegar, 1 tsp salt.)
2. Remove fish and reserve stock.
3. Melt butter, add salt, cayenne pepper and flour.
4. Add milk gradually, stir until thick and flour is cooked.
5. Remove from heat and add lemon juice, gherkins, mayonnaise, medium tasty or cream cheese.
6. Place fish in ovenware dish and pour over the sauce.
7. Cover with dry breadcrumbs then parmesan cheese.
8. Place in moderate oven 175°C to heat through and brown breadcrumbs (about 10 minutes).
9. Serve with baked tomatoes and baked potatoes or toast fingers. Serves 6.

GRILLED TARAKIHI

4 fillets tarakihi
Melted butter
Salt
Hot water

1. Wipe fillets then sprinkle with salt.
2. Brush with melted butter.
3. Place under a hot griller.
4. Turn once during cooking brushing each side with a mixture of equal quantities of melted butter and hot water.
5. Fish is cooked when it flakes when tested with a fork.
6. Serve with Bechamel Sauce and vegetables. Serves 4.

Bechamel Sauce

10 fl. oz. milk
1 small onion
2 cloves
20g butter
Bouquet garni
2 peppercorns
2 level tbsp flour
Pinch nutmeg
Pinch cayenne
Salt
1 small bay leaf
1 blade mace

1. Put milk in saucepan with onion into which cloves have been stuck, add bouquet garni.
2. Bring slowly to boiling point and simmer 5 minutes.
3. Strain.
4. Melt butter, add flour and cook gently 2–3 minutes, but do not brown.
5. Add seasoned milk gradually and stir until boiling.
6. Simmer 4–5 minutes.
7. Add nutmeg, cayenne and salt to taste.

SIMPLE TARAKIHI CRU

450g Tarakihi fillets
Juice of 3 lemons (strained)
60g cucumber (diced)
60g celery (diced)
2 spring onions (finely chopped)
60g carrots (diced)
Shredded lettuce

1. Cut fish into 1 cm cubes.
2. Place in casserole dish with spring onion and add lemon juice.
3. Cover and leave in fridge for 12 hours or at room temperature for 4 hours.
4. Strain off lemon juice and mix in cucumber, celery and carrot.
5. Add the following dressing and serve on a bed of shredded lettuce.
   Serves 6 as entree ,4 as main dish.

Dressing:

120g sweetened condensed milk
$1\frac{1}{2}$ tsp salt
$\frac{1}{2}$ tsp dry mustard
$2\frac{1}{2}$ fl. oz. lemon juice
Shake pepper
2 tbsp plain yoghurt or 2 fl. oz. top milk

Place all ingredients in bowl, blend thoroughly, allow to stand 10 minutes before adding to fish.

GROPER

GROPER IN SWEET AND SOUR SAUCE

500g groper fillets
Salt and pepper
2 tbsp white vinegar
2 slices root ginger, $\frac{1}{8}$ inch thick
$\frac{1}{2}$ cup cornflour (seasoned with salt and pepper)
30g butter
1 level tbsp cornflour
6 fl. oz. fish stock or water
1 dsstsp brown sugar
1 small egg, beaten
180g long grain rice
Lemon and parsley to garnish

Alternative Fish: Hake, Snapper or Moki.

1. Boil rice.
2. Cut fish into bite-size pieces, dip in egg then seasoned cornflour.
3. Melt butter in heavy-based frypan.
4. Add fish and finely chopped root ginger. Cook until golden and tender, turning several times.
5. Blend cornflour, brown sugar, vinegar and fish stock.
6. Add to fish, bring to the boil and cook 4–5 minutes.
7. Serve on boiled rice.
8. Garnish with lemon and parsley.
   Serves 4.

PERKY GROPER CASSEROLE

4 groper cutlets
½ tsp Worcestershire sauce
1 tsp salt
½ cup milk
120g medium tasty cheese
½ tsp dry mustard
½ tsp pepper
1 medium onion

Alternative Fish: Snapper.

1. Chop onion finely.
2. Grate cheese.
3. Combine onion and half cheese and spread over bottom of casserole dish.
4. Place fish on top.
5. Cover with remaining cheese.
6. Combine milk, salt, pepper, mustard and Worcestershire sauce then pour over fish.
7. Bake at 210°C 25–30 minutes.
8. Serve with baked potatoes and salad.

BAKED GROPER FILLETS

700g groper cutlets
½ cup milk
¼ tsp pepper
½ cup dried breadcrumbs
½ tsp salt

1. Spread breadcrumbs on greaseproof paper.
2. Mix milk and seasonings.
3. Dip fish in milk then coat with crumbs.
4. Place in greased ovenproof dish.

Dressing:

½ cup salad oil
¼ tsp pepper
2 tbsp lemon juice
1 dsstsp salt

1. Place all ingredients in well-stoppered bottle and shake thoroughly.
2. Pour over cutlets.
3. Bake 250°C middle of oven for 20–30 minutes or till golden brown and tender.
4. Serve with baked tomatoes, green vegetables and chips. Serves 4.

GROPER KEBABS

500g groper fillets
30g butter
Salt
1 small tin pineapple chinks
4 cocktail onions
1 fl. oz. pineapple syrup

Alternative Fish: Tarakihi or Moki.

1. Pre-heat grill.
2. Cut fish into chunks, approximately 2–3 cm square.
3. Arrange fish and pineapple alternately on skewers, finishing with a cocktail onion.
4. Sprinkle with salt.
5. Place kebabs on grill rack.
6. Melt butter, add pineapple syrup, then pour half this liquid over the kebabs.
7. Grill 7–8 minutes.
8. Turn kebabs.
9. Pour over remaining butter and pineapple liquid.
10. Grill until fish is tender.
11. Serve with fried noodles.
    Serves 4.

SLIM JACK

500g gurnard fillets
1 small onion cut in rings
1 bay leaf
1 tsp salt
½ cup top milk
2 fresh tomatoes

1. Remove any bones from fish and cut into 2 cm cubes.
2. Grease top of double boiler and place the fish in.
3. Add top milk, salt, onion rings and bay leaf.
4. Cook over boiling water for 20 minutes.
5. Cut tomatoes into wedges add to fish and heat through 5–10 minutes.
6. Remove bay leaf.
7. Spoon sauce over fish cubes to serve.
   Serves 4.

TONGAN GURNARD

4 fillets gurnard
2 rashers bacon
Flour
2 small bananas
60g melted butter
Breadcrumbs

1. Season gurnard fillets then dip in flour, melted butter and breadcrumbs.
2. Place fish in greased baking dish topping each fillet with a piece of bacon.
3. Baste with a little melted butter.
4. Bake at 180°C for 10 minutes.
5. Split bananas in half lengthwise.
6. Remove bacon from fish, top each fillet with half a banana.
7. Baste with melted butter.
8. Grill 3–4 minutes.

FOREST FOODS

The Maori utilised an impressive variety of vegetable foods gathered from the forest including roots, piths, leaves, fruit and berries, though their food value varied considerably.

BERRIES

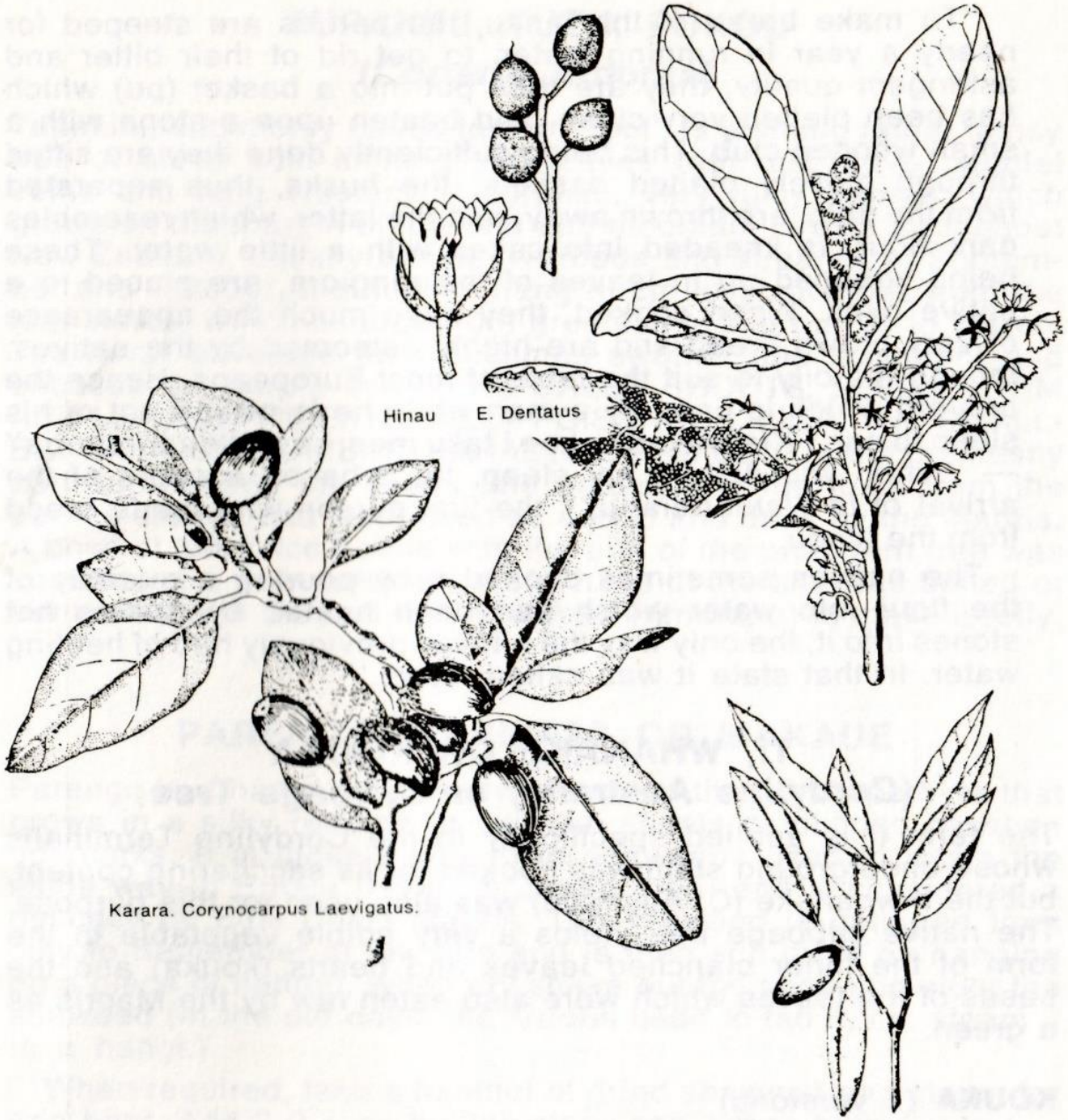
1. The *Karaka* (Corynocarpus laevigata) is a handsome tree 9–15 m high, with dark green, glossy, laurel-like foliage. It grows in coastal forest throughout the North Island and in the South as far as Banks Peninsula on the east and to Westport on the west. The Karaka has a prolific crop of berries. This oval fruit about the size of a plum is orange when ripe (January-February). The outer fleshy part has an agreeable taste when ripe, but the important part consists of the inside kernels. THE KERNELS ARE POISONOUS IF EATEN RAW, but the Maoris used them as food once they had been *thoroughly prepared.* They have an unusual but pleasant edible flavour. *Preparation:* (The following method can also be used for the *Hinau*).

   Before they can be eaten the ripe berries that have fallen from the tree are gathered from the ground. In prehistoric times, the kernels were collected in baskets and trodden with the bare feet in water to work off the outer fleshy part before being baked in a hangi for 24 hours and stored away in baskets. It is advisable today for quick and easy preparation to select those berries which have lost most of the rich deep orange outer flesh. Flesh covered seeds still need to have their protective covering removed by rubbing or peeling.

   Having done this, place in a container and cover with cold water. Boil for 3–4 hours (to destroy the ferment which acts on an alkaloid called karakine and releases prussic acid). Seeds with flesh can be removed from the container and treated so as to remove it before being returned for further cooking. After boiling for the specified time, remove the kernels from the cooker and place in a container. Cover with cold water and steep for a week. The kernels are then ready to eat. Cut the kernel at one end while peeling with one continuous strip to the opposite end of the seed.

   For long keeping, remove the nuts from the steeping container and spread out to dry in the sun. When thoroughly dry, store in a sugar bag or basket and hang in a cool, well ventilated place.

2. The *Hinau* (Elœcarpus dentalus) is found in the lower forests from the North Cape to Dunedin and grows to about 18 m. The damson plum like fruits are purple and about $1\frac{1}{2}$ cm in length, but are not palatable when eaten raw. When they are ripe they fall to the ground (January-February) and are then collected,



pounded in a mortar with a pestle to separate the pulp from the hard seeds which are then thrown away, and the mealy portion is formed into large cakes.

Another method was to soak the berries in water for a month or so then sun-dry them. The Maoris rubbed them between their hands to separate the flowery part of the skin (pulp) and the kernels. The cakes were then cooked in a hangi, but as they harden as they cool, it is quite an art to cook them for the correct time. If over-cooked, they become too hard to eat.

The Rev. Richard Taylor (''Te Ika-a-Maui''. New Zealand and its Inhabitants'' (1855) wrote of the ancient method:

"To make bread of the hinau, the berries are steeped for nearly a year in running water, to get rid of their bitter and astringent quality, they are then put into a basket (pu) which has been plaited very close, and beaten upon a stone with a small wooden club. This being sufficiently done they are sifted through closely plaited baskets; the husks, thus separated from the pulp, are thrown away, and the latter, which resembles dark flour, is kneaded into cakes with a little water. These being wrapped up in leaves of the rangiora, are placed in a native oven. When cooked, they have much the appearance of very brown bread and are highly esteemed by the natives, though too oily to suit the taste of most Europeans. Hence the proverb which is used by a man when he is waked out of his sleep to eat: "Kia wakaoho koe i taku moe, ko te Watutureiarua" — "When you disturb my sleep, let it be on account of the arrival of te Watutureiarua", the first person who made bread from the hinau.

The natives sometimes cooked it by pouring a quantity of the flour into water which had been heated by putting hot stones into it, the only way the natives previously had of heating water. In that state it was called rerepi."

TI, WHANAKE OR KOUKA (Cordyline Australis) or Cabbage Tree

The term ti is applied specifically to the Cordyline Terminalis whose underground stem was cooked for its saccharine content, but the ti-whanake (C. Australis) was also used for this purpose. The native cabbage tree yields a very edible vegetable in the form of the inner blanched leaves and hearts (kouka) and the bases of the leaves which were also eaten raw by the Maoris as a green.

KOUKA (2 versions)

1. Break out the heart of the tree, not the bloom, and strip away the leaves or grass, and a firm white core results. Boil in salted water till tender. It is slightly bitter, but is delicious with roast meat.
2. Collect the cabbage tree centres when not in flower — select large ones — strip all the outer leaves leaving the white centre piece. Cook with puha with corned beef or pork. Takes $\frac{1}{2}$ hour to cook the kouka.

TI-TREE SALAD

Open the green bulb on the ti-tree (cabbage tree) and pull away all the outer leaves. Use only the white core, and this, sliced very finely, makes a delicious salad using French Dressing to garnish.

TUPAKIHI, TUTU, PUKOU
(Coriaria Arborea)

Tupakihi, commonly called tutu or "toot" is a small, rather flimsy tree or shrub with shining soft leaves with distinctive parallel veins and long clusters of purplish, very juicy berries, which grows on the margin of lowland and mountain forests throughout New Zealand, usually beside riverbeds and streams. In September and October, the flowers hang in cm long racemes from the leaf stems, which change from greenish-red to purple in March. The floral envelope then becomes swollen and succulent and encases the purple berry. THE GREEN SHOOTS, SEEDS, STEM AND LEAVES ARE EXTREMELY POISONOUS, EVEN THE SMALLEST AMOUNTS CAUSING PARALYSIS AND DEATH, but the fleshy part surrounding the seeds (the petals) and the juice from the berries are not and were used as a food and drink by the Maoris. A bowl of tutu juice boiled with the pith of the pitau fern tree was considered a very palatable dish. Juice of the tutu was boiled or fermented with the bull kelp seaweed (rimurapa) to make a jelly.

PARENGO, KARENGO OR MAKAUE

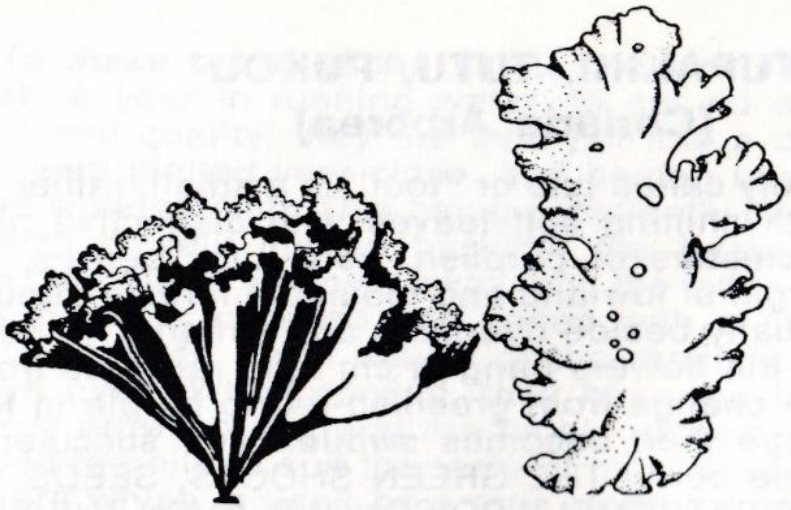
Parengo is a name given to seaweeds of the genus porhyra that grows in a silky reddish or purplish sheets or ribbons between tidemarks. It is closely related to seaweeds used in much the same way in Britain (laver) or Japan (nori) and is considered a delicacy by East Coast Maoris. The seaweed is gathered from July to September at low tide and is then sun dried by hanging on a piece of netting. When dry shake out the sand and store the seaweed (in the old days, the Maoris used to tao it, i.e. steam it in a hangi.)

When required, take a handful of dried seaweed and steam for one hour. Add 2–3 cups boiling stock and 1 tbsp butter.

Alternatively, gather when young, wash and crush into 2–3 cups water. Have water boiling, add salt and a good heaped tbsp butter or dripping and boil for 20–30 minutes. Drain and serve like cabbage. It may be cooked with corned beef or some rashers of bacon.

SEA LETTUCE HASH

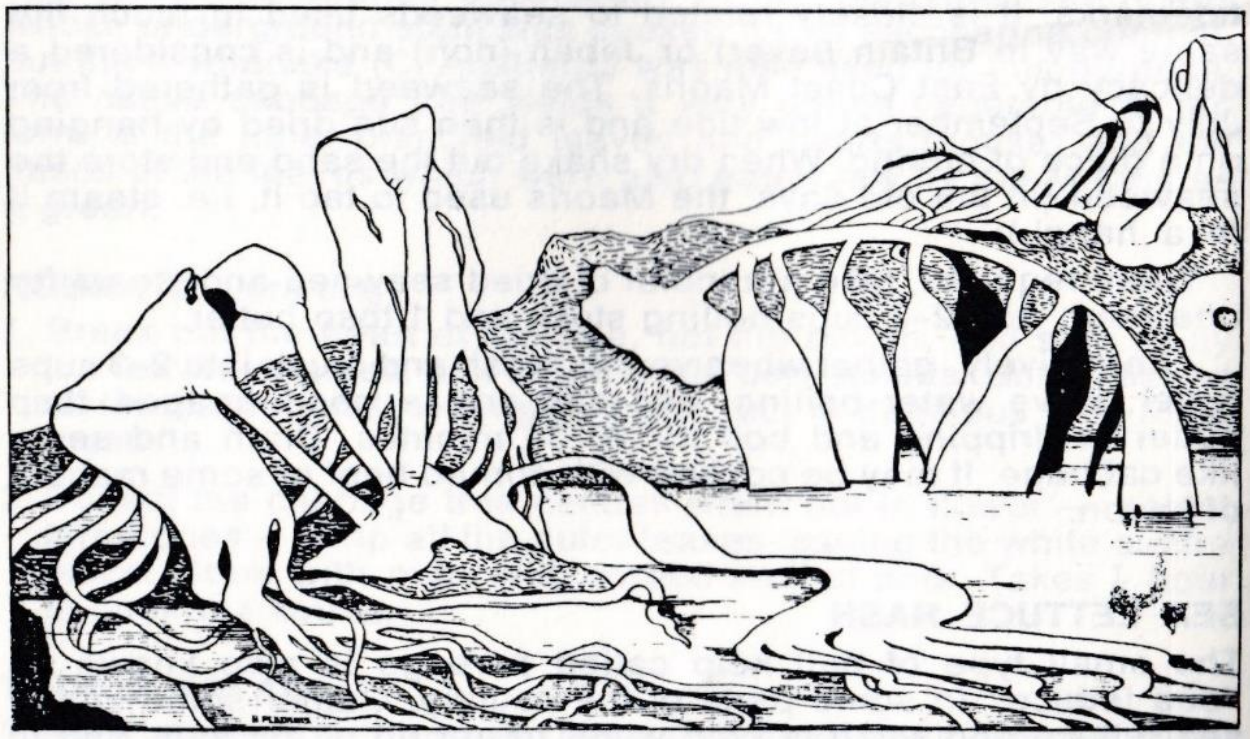
The small type of bull kelp called parengo is also known as "sea lettuce" in some parts of the country. Gather some kgs of sea lettuce and wash in cold water to get rid of the salt. Boil in water for 30–45 minutes and add a knob of butter. Salt to taste after draining and serve with bread and butter.



Sea lettuce.

Porphyra columbina (porphyros, purple; columbina, of a dove).

RIMURAPA (Duriullea antarctica)
Rimurapa, the common bull kelp, was often dried by the Maoris and used as a food. It has a solid trunk 39–75 cm long and several cms thick, and a leathery frond often 39–75 cms wide at its base. It was mixed with the expressed juice of the Tupakihi or tree-tutin and boiled to give it consistency, when it formed into a jelly.



NEW CALEDONIA
The Meats (LesViandas)

Shark Salami (Salamis de Rousettes)

(Any sort of game — deer, hare, wild duck — can be used). Cut up the raw shark, put it in an oven dish and salt and pepper it to taste. (Use oil on other meat but not on shark).

Stag: Cut into pieces for a stew.

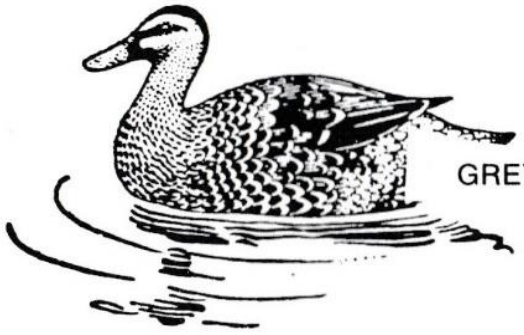
Add vinegar and wine until the meat floats. Flavour with thyme, bayleaf, cloves, parsley.

Leave to marinate for 3–4 days. Take the meat out of the strainer but keep the juice. Return to the hot lard or oil, according to the meat or your taste. Add onion and flour and leave to brown. Sprinkle with water and add some garlic. You can set it alight with brandy. The dish can be eaten with rice, chips, or crusty bread.

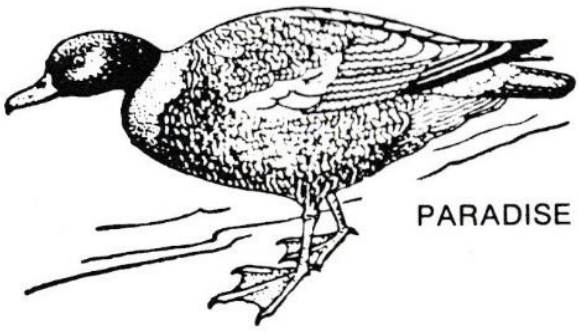
Leg of Venison (Gigot de Cerf Marine)

Rebaste a previously larded leg of mutton. Use several different wines if possible.

The next day, put in the oven after coating with butter and baste well with lard.



GREY DUCK (Anas superciliosa), Parera



PARADISE DUCK (Casarca variegata), Putangitangi.

Raw Venison Salad

Cut the fillet into very small pieces and marinate them in lemon juice as for Tahitian Salad. Don't use coconut milk!

Chicken Curry (Curry de Poulet)

Cut up the chicken and brown the pieces in oil. Remove the chicken from the pan. Slice up a large onion and brown it, add one tablespoon of flour, 1–2 tablespoons of tomato puree and 1 tablespoon of curry powder (or less if you wish!) Add a little water and the chicken pieces and salt to taste. Leave it to simmer for 1–2 hours until tender. What to serve with the chicken curry? You can use either coconut milk (pulp grated and pressed in a linen cloth) or ripe bananas browned in butter/margarine.

Bami

1 kilogram green beans
½ kilogram dried bean sprouts
2 large onions
100 gr. dried prawn (or 200 gr. of fresh)
½ packet of Chinese noodles
1 clove garlic
4 spoons of soya sauce (or Magi "Aroma")
1 small spoon concentrated tomato or 3 fresh tomatoes
Any remains of meat or poultry
Oil
Bacon or ham

Soak the dry prawns — boil the green beans for several minutes. Wash and boil the bean sprouts. Soak the noodles in hot water, then cut them. Fry the onions, then the garlic and bacon together. Add the remains of the meat or poultry and the ham, the tomatoes and seasoning. Lastly, add the noodles. Stir gently all the time.

Serve fried coconut with the "Bami". Shred and fry the coconut pulp with the onion, the garlic, salt, pepper and a little bit of curry.

FISH AND FRUITS OF THE SEA

TURTLE SOUP

1 kg turtle meat
2 carrots
1 potato
1 tbsp butter
1 tbsp flour
1 lemon
½ glass red wine
2 litres water
Pepper
Salt

Chop all ingredients finely, boil for 1–1½ hours. Strain through a coarse sieve. Melt the butter, add flour, mix to a paste and add to the soup. Add the wine.

FISH SOUP

500 gm of fish
1 dsstsp oil
1 tbsp brandy
125 gm rice
$2\frac{1}{2}$ litres of water or fish stock
1 shallot
A little chopped ginger

Chop the fish into small pieces, mix with the finely chopped ginger and add brandy. Boil the head and fishbones for 20 minutes in salted water. Strain and make up to $2\frac{1}{2}$ litres with water. Cook the rice in this.

When ready to serve, apportion the raw fish into dishes for each person and pour over the boiled liquid with the rice. (The boiling liquid cooks the fish which keeps in all the flavour. A beaten egg can be added if desired.)

CALEDONIAN BOUILLABAISSE

In order that the fish-whites remain firm, fry them in advance. Then toss in oil, onions and mixed diced vegetables (cut into pieces or make a stew). When they are golden brown, add a dash of curry or saffron powder, some tomatoes, garlic, shellfish and small (well washed and cleaned)crabs. Finally, add salt, pepper, fish and sufficient water for the soup. When the soup is cooked, strain it and garnish with croutons rubbed with garlic. Serve separately the fish pieces, vegetables and crabs.

SPICED PRESERVED TAZAR

Rinse the fish in sea-water (salt water) and dry well. Cut into thin slices, sprinkle with salt and allow to stand to drain for 1–2 hours on a plate or board. Bring to the boil sufficient quantity of vinegar with salt and pepper (to taste). When the vinegar is boiling, drop in the fish steaks, which must be completely covered. Remove from the stove, cover and allow to cook separately.

When the four sections which form the slice separate completely from the bone, arrange in layers in an earthenware bowl, with thyme and spices and cover with oil. Preserve from one season to the next and serve as hors d'oeuvre like mackerel, tuna, sardines, etc.

FISH CURRY

Use an average sized fish or tazar. Cut into pieces or slices. Fry in oil.

Prepare a sauce using onions, garlic and flour. When golden add fresh tomato slices, or tomato sauce, then add curry according to taste.

Instead of water, add coconut milk, then parsley, thyme, and finally, the fried fish. Salt to taste.

TAHITIAN SALAD

Cut the fish into very small pieces, wash in salt water, strain. Then soak in pure lemon juice (enough to cover the fish well) for 30 to 40 minutes. (You can also use less lemon juice and some very salty water).

Drain again, then add — parsley, green onion, chopped garlic, one tspn olive oil and very thick coconut milk. Season with pepper, soy sauce (or Maggi concentrate). Garnish with cucumbers, tomatoes, hard-boiled eggs, grated carrot and green olives.

ROCK OYSTERS IN THE SHELL

Boil the oysters (or other shell fish), rinse thoroughly through the strainer. (Save the liquid).

Then brown them in butter or oil with finely chopped onion, ham or bacon, and breadcrumbs.

Dip them in the cooking water, then put them back into the well-washed shells. Garnish with breadcrumbs and sprinkle with oil. Put into oven.

CRABS IN SHELLS

Boil the crabs, break them and extract all the flesh. Soak in milk same quantity of breadcrumbs, add an egg, a pinch of curry, garlic, parsley and oil.

Garnish the mixture with the crab-shells, sprinkle with oil, put in the oven.

SHRIMP TART

Prepare a savoury pastry. While baking, cover it with rice or dry beans to keep its form.

Cook the shrimps in a mixture of water, wine and spices. Take off the outer casing, but keep the liquor in which they were cooked, which will serve later as the case of Bechamel sauce.

Brown the shrimps in butter, place them in the pastry (kept warm) and cover with the sauce.

Put in the oven till golden.

COOKING WITH COCONUT

COCONUT TARTS

1 cup flour
½ cup sugar
1 tbsp butter
1 egg

The filling:
1 egg
½ cup sugar
1 cup grated coconut

Mix the flour, butter and sugar together, add the beaten egg Spread out the mixture in the bottom of a mould and cover lightly with jam. Then add the filling made by beating the egg with the sugar to which is then added the grated coconut. Finally, sprinkle a little grated coconut on top.

Bake in the oven (about 350°) for about 40 minutes.

COCONUT MERINGUES

3 egg whites
6 tbsp sugar
1 medium-sized coconut

Grate the coconut and dry in the sun or in the oven. When cool add to the egg whites, which have been beaten with the sugar. Place in small amounts on a sheet of waxed paper. Bake very slowly in the oven until the meringue comes loose from the paper.

COCONUT BONBONS

1 cup finely grated coconut
1 cup sugar
$\frac{1}{2}$ cup milk

Put all the ingredients into a saucepan, on moderate heat. Keep turning until the mixture comes away loose from the pan.

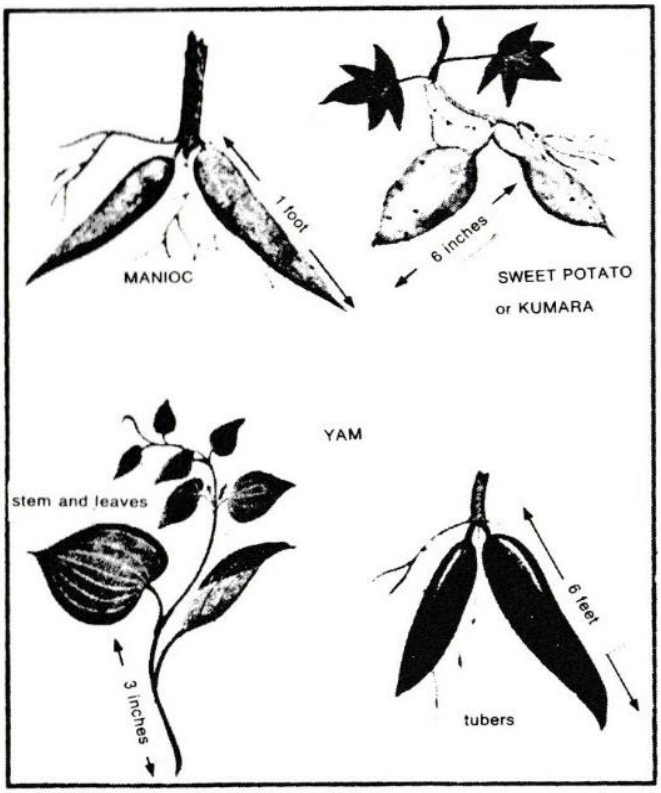
NATIVE VEGETABLES

YAMS — POTATOES — TARO — TAPIOCA

Note:

These vegetables may be prepared and cooked like potatoes (and can replace them during shortages):

a) in the oven, cooked in their own skins and served with butter.
b) peeled and cooked around roast meat or chicken.
c) sliced and boiled, then sauteed in oil (browned).
d) in coconut milk — peel the vegetables and boil them in coconut milk mixed with water — serve whole or mashed.



YAM FRITTERS

Grate 2 cups of raw yams and add $\frac{1}{2}$ cup of arrowroot or ground tapioca, salt and pepper. Drop spoonfuls into boiling oil. Drain and serve hot.

LOP-LOP

Form little balls of grated yams and meat left-overs or shredded chicken. Bake in the oven. They may also be placed in a baking dish, using alternative layers of grated yams and mixed meat.

LE BOUNIA

"Le Bounia" is the traditional dish of New Caledonia and involves a method of cooking common to other Polynesian islands. It is the equivalent of the Maori *hangi*. Unlike the hangi, however, the bounia roasts rather than steams the food. It is cooked in banana leaves on hot stones.

The oven: Is a bed of hot stones. Prepare a good fire to heat up the rocks to the maximum as in the Maori hangi.

The base of the banana plate: Make a circle of banana leaves 40 cm in diameter. This serves to give the 'plate' its base. Thin or reduce the spine of the banana leaves and pass the leaves over the flames to make them more supple. Once this is done, lay them in a circle and place some in a cross in the centre of the circle or crown. The edges must not overlap more than 40 cm in each direction. 3 extra leaves are then formed into a heart in the centre.

The food ('bounia'): At the bottom of the 'plate', place a layer of peeled vegetables cut into large pieces. (Split them with a wooden knife and break them up). They have to be evenly spread on the leaves. Useful vegetables for "Le Bounia" are yams, taro (water and mountain), kumara, manioc, citrus fruits (just a little for squashing to provide a flavour) and cooking bananas.

In the centre place well-washed chicken or fish, and cover these with even more vegetable pieces. Cut some raw onions into small pieces, add cut up tomatoes and salt the lot to taste. Sprinkle the lot copiously with coconut milk made from 2–3 grated and squeezed coconuts, to which has been added several cups of warm water. Fill the banana leaves with the vegetables and chicken/fish and make into small packets one by one. Bend them up with banana leaf strips. Then enclose them in one large packet or parcel made from the base of banana leaves.

The cooking: Place the packet over the hot stones, putting a few of the stones on the edge and over the packet. Over these place 2–3 more banana leaves, then a sack and cover up the whole lot with soil. Leave to cook for 2 hours.

Serve: On a big plate/dish after you have rolled the banana leaves to form the edges of a plate.

(SWEET) POTATO CAKES

3–4 average potatoes
3 eggs
2 tbsp sugar
pinch of salt
½ litre milk
2 bsp butter
raisins soaked in rum
vanilla

Peel and boil the potatoes. When cooked mash with a fork. Pour boiling milk (flavoured with vanilla) onto the potatoes then add the egg yolks, beaten with sugar, the butter, the raisins and finally, the beaten whites. Place into a floured and greased oven dish and cook in a hot oven for about an hour.

(SWEET) POTATO DESSERT

Use ½ kg of sugar for every kilo of mashed potato. Add generous helping of vanilla. Prepare a pearly syrup with the sugar, pour in the potato and take off the heat. Allow to cool, then place the mixture into serving dishes and cover with whipped cream or ice-cream. Serve chilled.

LE MANIOC (CASSAVA)

N.B. Never eat the blue-veined manioc roots, as they are extremely toxic.

SPICED PRESERVED MANIOC

Cut the manioc and pare into slices a finger in length. Boil until tender, then cook them in a thick syrup. (1 kg sugar for 1 litre of water) until they are transparent and golden. Drain, dry and roll in sugar.

MANIOC AND COCONUT CAKE

1 cup fresh manioc, washed, peeled and grated
1 cup grated coconut
½ cup sugar

Mix all the ingredients and arrange into small servings wrapped in coconut leaves and tied with liane creeper. Cook on hot stones.

MANIOC STARCH CAKE

3 eggs, separated
½ cup manioc starch or arrowroot
½ cup sugar
1 tsp of yeast

Mix egg yolks and sugar, then add the beaten whites and finally, the starch with the yeast.

Place in a buttered dish and cook in a hot oven.

PAWPAWS (La Papaye)

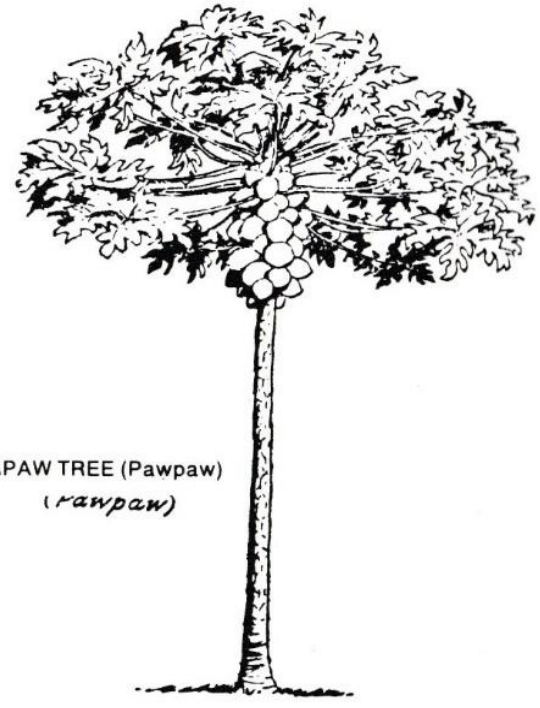
The green *Pawpaw* can be used for tenderising slightly old or tough fowls. Just remove the entrails, stuff with a piece of pawpaw and leave standing overnight.

GREEN PAWPAWS used as a vegetable.

First get rid of the bitter juice of the skin. With a knife score the flesh in parallel lines, allow 1–2 hours to dry in the sun. The bitter white juice will drain off the fruit.

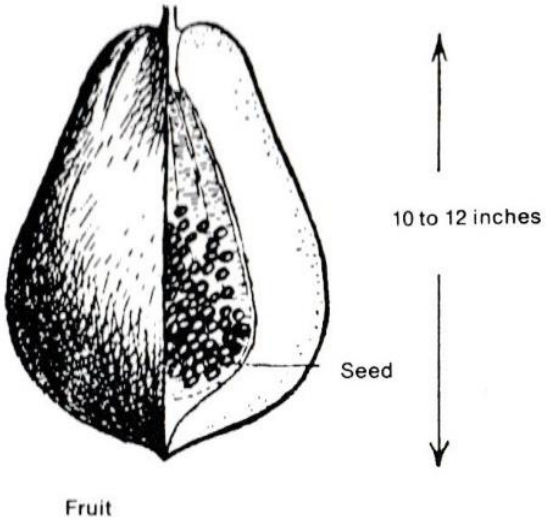
In a Salad — it can be eaten raw, grated and seasoned with lime/lemon juice.
— it can be cooked, boiled with celery if possible and well seasoned.
— it can be eaten in a stew (like egg plant-aubergines)
— it can be eaten in bechamel sauce: with cheese and baked; cut into small pieces (batons)
— it can be eaten stuffed, like cucumber, after having cooked in salt water (use small pawpaw)

A few pieces of pawpaw can be cooked in the juice around meat instead of e.g. turnips.



PAPAW TREE (Pawpaw)
(rawpaw)

Only the female tree produces fruit.



Fruit

GREEN PAWPAWS IN A SYRUP

Score the flesh of the pawpaw as above. Peel and cut into thin slices. Boil with a little vanilla and half immerse in water. When cooked, add sugar and recook until the mixture becomes a syrup.

PAWPAW WITH COCONUT

Take a nice ripe, yet firm pawpaw, peel and cut in two. Take the pips and flesh from the centre and stuff with grated coconut and sugar.

Cook in banana leaves and in the Polynesian oven (like the "bounia"). In the Islands, mothers prepare this little surprise for their children at the times they prepare the "Bounia".

PAWPAW JAM OR JELLY

There are several methods:

1. Take the nearly ripe pawpaw. Use 750g sugar for every kilo of fruit. The night before, take out the seeds and fibres. Dice the fruit and place in a salad bowl and cover with sugar.

   Next day, cook the fruit and sugar, stirring over a moderate heat. When the fruit is transparent and the juice thick and golden, it is ready.

   Add vanilla or lemon flavouring.
2. Using the same method, take the green pawpaws, but increase the amount of lemon juice.
3. *Fast Method* — Cut the pawpaw into small pieces, put in a bowl (finger bowl size).

   For 3 bowls pawpaw, use 3 bowls sugar and 1 bowl lemon juice. Cook all until juice thickens.

POE (TAHITIAN — POKE IN TUAMOTU ISLANDS)

Cook raw pawpaw prepared and cut into pieces in a very little water and sugar. (It could be prepared with banana or pumpkin in the same way).

BANANAS

GREEN BANANAS AS A VEGETABLE

1. **BANANA FRITTERS**

   Take some very green bananas (beware of the juice which stains), cut into rings and fry in a large frypan.
2. **BOILED BANANAS**

   Put bananas, with or without skin, in water or coconut milk mixed with water and boil.
3. **GREEN BANANAS IN COCONUT MILK**

   Peel the bananas and wash in salted water. Grate and mix with coconut milk. Make little envelopes from the banana leaves or aluminium foil. Steam cook for 30 minutes (or in a Polynesian oven).

BANANA DESSERT

1. PUDDING OR BANANA CAKE

2 cups flour
2 tsps golden syrup
1 tsp rum essence
2 tbsps melted butter
4 bananas
2 eggs
2 tsps water

Soak the bananas cut into rings in rum (sweetened). Rub the butter into the flour, then add sugar, eggs and water and finally the bananas. Put all in greased mould or basin and cook for $1\frac{1}{2}$ hours in a slow oven (probably 120–150°C).

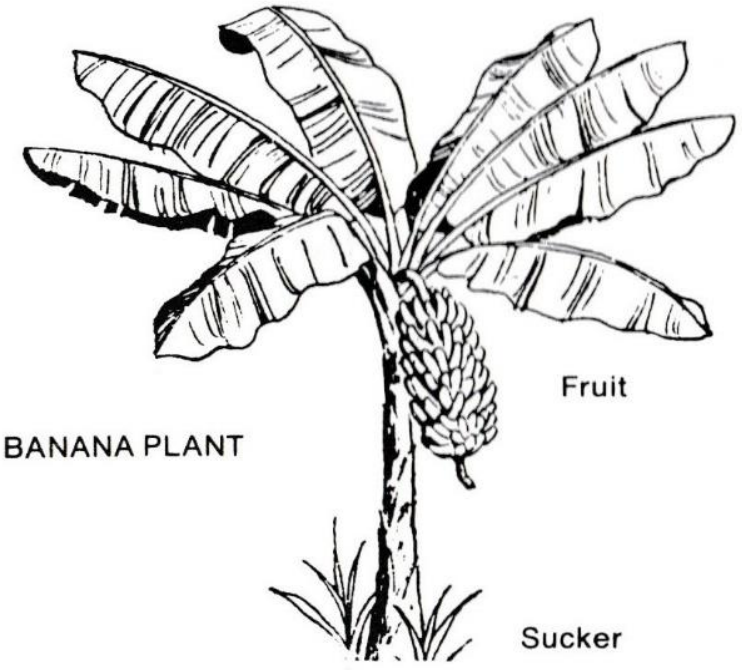
2. BANANA FLAN

2 eggs
25g flour
1 tsp butter
Some bananas
Bowl of milk
Sugar to taste

Mix ingredients and pour into the boiling milk, stirring over heat. Remove as soon as it comes to the boil. Place half the mixture in an oven dish. Cut the picked bananas into rings and arrange on the mixture. Sprinkle with sugar and cover with the remainder of the mixture and a sprinkling of breadcrumbs. Brown in the oven.

3. BANANA TART OR TARTS

Place on the pastry mixture (set out in moulds, lining dish or dishes) some banana rings, spread with golden syrup or diluted apricot jam or jelly. Bake in a hot oven.



BANANA JAM

1 kg bananas cut into rings
2 lemons (juice and grate rind)
750g sugar

Mix all together and boil until the jam becomes deep red. (*An alternative method:* Put the banana rings into the previously boiled and dissolved sugar syrup and let cook until becoming a deep red colour).

BANANA HORS D'OEUVRES

2 large bananas
1 cup lemon juice
90 gm cream cheese
½ cup chopped nuts

Peel bananas and cut crosswise into 1 inch pieces. Marinate in lemon juice for 1 hour. Drain, cover with cream cheese and roll in nuts. Pineapple, grapefruit or orange juice can be used for marinating.

FRIED BANANA (Falai Fai)

8 bananas, ripe 250 gm ea.
150 gm beer
Batter:
90 gm water, tepid
250 gm flour
2 eggs, medium
15 gm sugar
1 tbsp oil

Combine flour and salt in a stainless steel bowl. Separate the egg yolk from the white. Mix egg yolks, beer and water and combine slowly with the flour. Mix only enough for a smooth paste. Fold in oil and let stand in refrigerator for 1–2 hours. Before using, fold in the beaten egg whites (beaten to a peak). IMPORTANT: Do not whip the egg whites into the batter. Use wooden spoon to fold in gently.

Cut each banana into three pieces. Cut each piece in half lengthwise. Peel the bananas. Submerge pieces of banana immediately into batter so as to cover completely with batter. Remove banana pieces from batter by using a fork or a sharp instrument. Shake off any excess batter. Drop into clean hot fat at 180°C and fry until golden brown. Remove from deep fryer and place on absorbent paper to drain any excess fat. 24 portions.

BANANA CRUNCHIES

1¼ cups flour
1 cup sugar
½ tsp baking soda
½ tsp salt
¼ tsp nutmeg
¾ tsp cinnamon
180 gm butter
1¾ cup rolled oats
1 egg well beaten
1 cup ripe mashed banana
½ cup chopped nuts

Sift together the flour, sugar, baking soda, salt, nutmeg and cinnamon. Rub in butter to resemble fine breadcrumbs. Add egg, banana, rolled oats and nuts and mix well. Drop in teaspoonful lots onto greased baking tray.

Bake 240°C for 15 minutes. Let cool on wire rack. Makes 4 doz.

PASSIONFRUIT AND BANANA FLUMMERY

2 cups water
2 tbsp flour
1 lemon
6 passionfruit
1 cup sugar
2 tbsp gelatine
1 orange
6 bananas

Grate rind from orange and lemon and squeeze the juice. Blend the sugar, water, gelatine and flour. Pour into a saucepan and simmer for 10 minutes. Cool and add lemon and orange juice and rind. Beat rapidly until thick and fluffy. Add passionfruit pulp and bananas. Chill until set. Serve with cream or custard.

FRUIT DU PAYS (Local Fruits)

1. **PINEAPPLE SYRUP**

Cut up some very ripe pineapples as finely as possible. Leave the pulp and juice to soak for 24 hours. Separate the juice from the pulp and press the pulp in a damp linen cloth. Add to the juice twice its weight of sugar. Put it over a very hot fire and stir constantly. Remove from the fire as soon as it starts boiling. Leave it to cool, put into bottles that have been dipped in boiling water and seal well.

2. **PINEAPPLE CAKE**

After having prepared a biscuit dough, grease a cake tin and the bottom with pineapple rings (put a crystallised cherry in each ring). Add the dough and cook in a hot oven.

3. **PINEAPPLE DESSERT**

Cut 1–2 pineapples, add 1 cup sugar and leave to boil for $\frac{1}{4}$ hour. Prepare and add a thick white sauce. After it has boiled for a while, remove from heat. After mixing in two egg yolks, pour into an oven dish. Beat the egg whites until stiff, add 2 tbsps sugar and spread over the top of the mixture.

Brown in a moderate oven.

CUSTARD APPLES

1. **CUSTARD APPLE CREAM**

Peel the apple, remove pips, and put through a vitamizer. For every cup of creamed apple add a good tbsp of sweetened condensed milk and $\frac{1}{2}$ cup milk. Allow to thicken by leaving for 1–2 hours in a cool place.

2. **CUSTARD APPLE JELLY**

Peel, remove pips, cook in a small amount of water. When tender and the juice reduced, add the same volume of sugar. Keep at boiling point 20–30 minutes. When the juice thickens on a spoon the jam is ready. It should be a pinky colour and the consistency resembles that of rhubarb or strawberry jam.

GUAVAS

1. **GUAVA JELLY**

Choose sound healthy guavas, wash and cut in half. Boil in a little water, do not cover. When tender, but not pulp, place in conical shape cloth containers and leave the juice to cool in a salad bowl underneath. Weigh the juice and add an equal quantity of sugar. Cook over a quick flame with juice of one lemon. Boil rapidly and when the temperature reaches 108°C for a good minute, the jelly is cooked. Pour straight into preserving jars, soaking in boiling water and fasten the seal.

2. **STEWED GUAVA**

Peel the sound guavas, cut in half, take out the pips and place in pot. Put the fruit pulp in another. After cooking, strain away the pips and add the juice ot the stew, using as much sugar as desired.

You may add milk or sweetened condensed milk as for the Custard Apple Cream and allow to cool.

3. **GUAVA PASTE**

Prepare as for the previous recipe a thick stew, add the same weight of sugar, put back on high heat and cook stirring constantly (be careful of spitting liquid), until the paste comes away from the sides of the pot.

Layer the paste 2 cms thick on to an oiled dish and when it can be cooled down a bit, cut into squares, separate and roll in sugar.

Keep in a well sealed container.

AVOCADOS

These are served mainly as hors d'oeuvres. Some suggestions:

1. Avocados with salt or vinegar.
2. Avocado salad on lettuce leaves.
3. $\frac{1}{2}$ an avocado filled with mayonnaise.
4. $\frac{1}{2}$ an avocado filled with pieces of crab and covered with mayonnaise.
5. Avocados with cocktail sauce — 1 part Worcester sauce, 2 parts lemon juice, 2 parts tomato sauce, a little melted butter, a little cognac, salt and a pinch of cayenne pepper. Serve cold.

AVOCADOS AND DESSERT

Cut into pieces with sugar and rum, or in a salad with pieces of grapefruit or orange.

ORANGE MARMALADE

For 7 oranges you need:
2 lemons
2 kg sugar (or else 1 cup sugar to each cup of fruit and juice and 1 cup more for the casserole)

Peel the fruit and take the skin off 3 oranges and cut up finely. Cut the 7 oranges and lemons into small pieces. Take out the pips (which one can boil in a piece of tied gauze), put all in a salad bowl with 1 cup water for each orange, etc. Leave to soak overnight. Keep boiling for 30 minutes until the skins are tender and add the sugar and stir. Boil 30 minutes and let the mixture gel. Pour out and cover whilst hot in heated jars.

MANDARIN JAM

Same principle as above, but mince or grate the peel.

CONDIMENTS

Lemon and Cold Meat (Archard de Citrous)

Cut about 50 lemons in half, remove the pips and squeeze leaving the skins in the juice. Add the juice from about 12 more lemons. Sprinkle with a handful of salt.

Leave for 5–7 days until the lemons are well soaked and soft and transparent. Dry the lemons separately with a cloth (do not use any if their skins have come off). Put half the lemons in a salad bowl, add a dozen red peppers that have been chopped up. Heat the rest with $\frac{3}{4}$ litre of table oil and a heaped spoon of powdered saffron. When the oil boils, pour on lemons through a towel to collect the saffron. Leave to cool, then put in jars for 2–3 days. Serve with cold meat.

MANGO CHUTNEY (Chutney de Mangues)

1 kg green mangoes
$\frac{1}{2}$ kg sugar
2 cups vinegar
2–3 garlic leaves
1 cup dried raisins
4 pcs ginger

Cut the mangoes (peeled or unpeeled) and add the other ingredients. Boil softly until thick and golden coloured.

TOMATO CHUTNEY (Chutney aux Tomatoes)

2 kg tomatoes
4 big onions
2 cups vinegar
1 tsp curry powder
Garlic
$\frac{1}{2}$ kg sugar
2 tsps salt
$1\frac{1}{2}$ tsps powdered mustard
2 apples
Peppers and saffron

Chop and combine ingredients. Boil at a moderate heat for one hour.

BINJOL
Put 1 cup tamarins to soak in vinegar for 24 hours and add vegetables. For 1 cup puree use $\frac{1}{2}$ cup salt, $\frac{1}{4}$ cup garlic, 1 cup ground spice or pepper and $\frac{1}{4}$ cup crushed onions.

Mix with warm oil to a mustard consistency. Keep in a container with a coating of oil on the bottom. Eat in 6 months.

ROUJAIRE DE TOMATOES
Peel 2–3 tomatoes and remove pips and skins. Chop finely and add 2 or 3 echolates, a little parsley, 4–5 spices, salt, oil, aubergines or egg plant (roujaire).

Put the egg plant in the oven with the skins intact. When well cooked, remove pips, crush to a pulp with 3 echolates and 5 spces, parsley, salt and a little oil.

COCONUT (Rougaiede Coco)
Grate the pulp of a coconut, add pepper, salt, chopped parsley and a little oil. It is recommended.

OTAK-OTAK (Stuffed Fish)

2 trout
Pepper and salt
Chopped garlic
$\frac{1}{2}$ cup milk
Cabbage leaves
Red pepper
$\frac{1}{4}$ tsp gr. coriander seeds
$\frac{3}{4}$ chopped onion
1 egg
Margarine for frying
Oil for frying
2 tomatoes and lettuce to garnish

Beat the fish gently with a wooden spoon to loosen the skin then carefully take out the flesh, damaging the skin as little as possible. Remove all the bones and chop the fish, mix with coriander, seasoning, onion and garlic, pepper, egg and milk and fry in margarine, without allowing the mixture to become dry. Fill the fish skins with this stuffing. Wrap each fish in cabbage leaves and steam for 20 minutes. Finally, fry the fish brown in hot olive oil and serve garnished with small pieces of red pepper, tomato and lettuce. 2 servings.

SOME USEFUL HINTS
To keep lemons, wrap in oiled paper and store in any fresh dry place.

When using lemon juice, pierce the skin of the lemon with a fork, press gently (if only a few drops are wanted) and the lemon will keep.

SWEET PASTRY
Prepare in advance. It can be stored over a month in an airtight jar.

14 cups plain flour (sifted)
2 tsps salt
900g margarine/butter

Combine the flour and salt, add the margarine and rub in with the fingers. To use: to each $\frac{1}{2}$ cup of this mixture add $\frac{1}{4}$ cup flour and 2 tsps salt. Knead and roll out as usual.

CAKE MIXTURE

9 cups plain flour —or 10 cake flour
$\frac{1}{3}$ cup yeast —
2 cups margarine/butter 4 tsps salt
$2\frac{1}{2}$ tsps cream of tartar
Mix all together. Keep in an airtight jar.
When using — to every 3 cups of mixture, add $1\frac{1}{4}$ cups sugar, 1 cup of sugar, 1 cup milk, 2 eggs.

HOT GRAPEFRUIT

Halve and prepare the grapefruit in the normal way. Spread a small amount of butter over top, add a sprinkling of brown sugar and mixed spice. Heat either in a moderate oven (200°C) or under the grill until the surface of the fruit is golden brown and the juices begin to flow.

You can add a little sherry as well as butter, spice and sugar.

TAHITI

POISSON CRU (Tahitian Marinated Fish)

1 kg Very Fresh Fish (preferably tuna, snapper, bonita)

1 green pepper
1 small cucumber
1 small onion
Salt, pepper, sugar
1 medium sized carrot
12 strong limes
3 tomatoes
2 tbs vinegar
½ cup olive oil
1 egg

Dice fish into 8 mm boneless cubes. Place in bowl and add lime juice. Marinate for 6–10 minutes, stirring a few times. Add salt to taste. Strain fish and add sliced carrot, green pepper, cucumber, tomatoes and onion.

Prepare dressing by combining vinegar, oil, salt, pepper and a pinch of sugar. Add dressing to fish and vegetables. Hard boil egg, cool and chop. Serve chilled with egg sprinkled over the top.

TAKIA NI TOA PAINAVIU (Chicken in a pineapple outrigger)

Ingredients:

2 large pineapples
250 ml coconut milk (Ideal tinned milk as a substitute)
½ tsp chopped parsley
30 gm flour
400 gm raw chicken meat
60 gm chopped onion
2 tbsp cream
½ glass dry white wine
30 gm butter
250 ml chicken stock

Cut pineapple in half lengthwise and carve out inside. Cut flesh into large chunks. Melt butter, gently cook onion (finely chopped), add chicken and fry until cooked, but not browned. Add the flour and chicken stock, cook over low heat until sauce thickens. Add the pineapple chunks, white wine and cream. Remove from heat, pour into four pineapple 'boats' (warmed), sprinkle with chopped parsley. Add a 'sail' made from a piece of palm leaf on a toothpick. Serve immediately.

POLYNESIAN SAUCE

Ingredients:

2 cups finely diced celery
2 cups finely diced onions
1½ cups soya sauce
½ tsp garlic powder
1–2 cups sherry
½ cup cornflour
250 gm butter
2 litres pineapple juice
1 cup brown sugar
1 tsp ginger
4 tsp vinegar

Saute onions and celery in butter until soft. Add all other ingredients except a little sherry and cornflour. Simmer for 5 minutes and strain. Return liquid to slow boil. Mix cornflour and sherry. Add to boiling sauce. Keep heat low and boil for 3 minutes, stirring occasionally. Makes about 3½ litres.

CHICKEN TAHITI

Serves 6 — *2½ hours cooking time*

400 gm long grain rice
Juice of 2 oranges
3½ lb chicken
½ tsp salt
2 beaten eggs
100 gm almond slivers
2 tbsps oil
100 gm chopped apricots, or sultanas
Juice of 1 lemon
200 gm chopped pineapple

Sauce:

100 gm butter
3 pears (sliced)
1½ tbsp cornflour
Watercress
3 tbsps pineapple or jam
500 ml chicken stock
Rind of 1 orange, grated

Cook rice in salted water until tender, then drain.

Return rice to saucepan, add oil, beaten eggs and one tbsp of fruit juices.

Cook 2 minutes over medium heat, add half the sultanas and fruit. Allow to cool then fill six moulds with the rice mixture; press down, refrigerate until needed.

Stuff chicken with remainder of rice mixture and season with salt. Place in roasting dish and cover with butter.

Roast in hot oven (220°C) for 20 minutes then reduce heat to moderate temperature (180°C).

Cook for 1½ hours, basting from time to time.

Dissolve jam in chicken stock and add grated fruit rinds and remaining sultanas and fruit. Stir and add almonds. Bring to the boil and thicken slightly with cornflour.

Add sliced pear and place chicken in serving dish and pour over sauce. Arrange rice moulds around the chicken and garnish with watercress.

SAMOA

PALUSAMI — *For large numbers*

Young, soft *taro* leaves.
Coconuts —use 10 coconuts to make cream for 200–300 leaves (for a large occasion)
Onion
Salt (to taste)
Breadfruit leaves (if unobtainable, use foil paper)
Banana leaves.

1. Check the leaves to see that they are clean; cut out the tip of the leaves. For big leaves tear them to about the same size as the small ones (do not tear the medium or small ones).
2. Make a coconut cream and add salt and onion.

3. Take at least ten leaves and mix the untorn leaves with the torn ones — an untorn leaf should be at the bottom.
4. Place leaves on your hand and try to make a bowl out of it by your hands. Pour cream into it up to halfway. Never make it full.
5. Wrap it up into a ball-like form with a banana leaf first and then a breadfruit leaf.
6. Cook it in the oven for 30 minutes at 450°F. Warm oven first.

FAALIFU TARO

Taro
Coconuts — the number of coconuts used depends on the *taro* used, but for a 4 gallon pot use 5 coconuts.
Salt — to taste.

1. Cook the taro with water.
2. Make a coconut cream and add salt to taste.
3. When the taro are cooked, pour the water out and add the coconut cream to the taro and cook until the cream is boiled.
4. *Serve it hot* with coconut cream.

FAAPAPA (Samoan Bread)

Make a mash solution of coconut cream by adding three cups of water to every cup of pure coconut milk.
Pula'a or flour can be used. Ripe bananas or sugar.

1. Mix the flour and cream to make a hard paste (do not add too much water or it will run too easily). Add one banana to every pound of flour used and beat into a mixture. If no bananas are available, sugar can be added to taste.
2. Oil pieces of foil paper and place some of the mixture into it. Fold the foil into a ball. (See recipe for *Faalifu Taro.*)
3. Cook for 30 minutes in an oven heated to 240°C. For best results let the bread go brown and crunchie.

FA'A'USI

Ten *taro* of one kind 5 litres pure coconut cream
1 kg sugar

1. Scrape taro on a grater to form a pastry substance.
2. Divide the pastry into small bars measuring about (7.5x15cm) and wrap up in foil papers. Cook for 30 minutes at 240°C.
3. Burn the sugar over the coconut cream so that it melts and mixes with it. This is done by holding a hot rock with a pair of tongs while pouring the sugar over it. It then melts and mixes with the cream. *Keep stirring the mixture* or the sugar will settle on one side and the cream on the other.
4. Cut into small squares (2x3.5cm) approx. as it cools, then serve with the mixture.

PANGO PANGO SOUP

Ingredients:

500 ml milk
2 tbsps butter
¼ cup spinach, finely chopped
1 pinch garlic salt
1 tsp tomato sauce
120 ml cream
100 gm oysters, finely chopped
1½ tsps monosodium glutamate
Salt and pepper to taste
1 tbsp cornflour

Method:

Scald milk, cream and butter. Add oysters, spinach and seasonings. Bring to a simmering point but do not boil. Thicken with cornflour.

COCONUT CREAM (Pe'ep'ee)

Scrape the meat from the coconut into fine thin pieces. (For best results do not add water). Squeeze the fine meat to form a cream. All the meat should be taken out and thrown away. Add salt or finely chopped onion (to taste).

COCONUT CREAM (Niu)

3 cups cream
4 cups milk
3 cups grated fresh and dry coconut (or desiccated)

Combine the cream, milk and coconut in a saucepan. Bring to the boil and remove from heat. Allow to stand and soak for 30 minutes. Strain liquid from coconut and retain for use. Discard pulp.

Note: Coconut Cream is also used in Poisson Cru, Fijian Marinated Fish and Satays.

FAALIFU TARO (Taro and Coconut Cream)

Ingredients: 3 big taros, 2 coconuts and pot

1. Peel the taro skin away and cut into servings.
2. Place them in a pot and add water. Make sure all the taros are covered with the water. Close lid firmly and then boil till the taro becomes soft.
3. Prepare a coconut cream adding 1 cup of warm water and salt to taste. (Use recipe for coconut cream).
4. When taros are soft, which means they're cooked, pour *all* the water away.
5. The taros must still be in the pot. Pour the coconut cream into it, close the pot and put it back again to boil for 5 minutes.
6. Take it out after 5 minutes and serve while hot with the cream.

SUA FAI

Ingredients:

6 ripe bananas, sugar
150 gm wheat

1. Peel the bananas into a pot of water. Make sure that all the bananas are underneath the water level.
2. When boiling, beat them into pieces.
3. Add 150 gm of wheat grain and boil it again.
4. Add sugar if necessary and serve it.

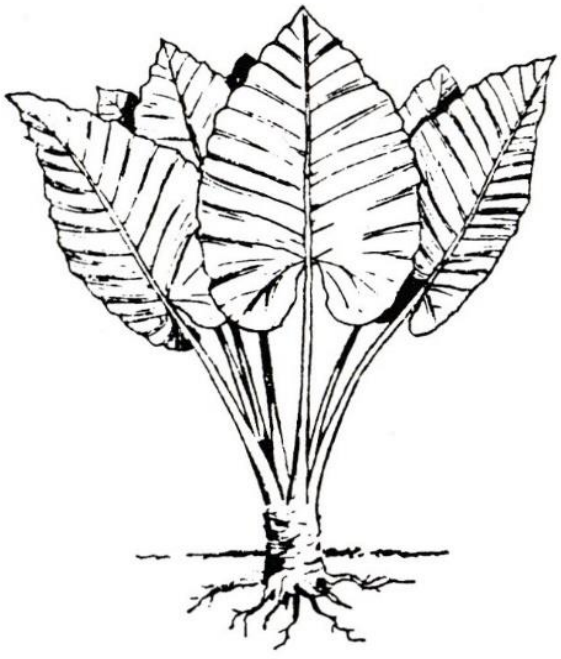
KOPAI

Ingredients:

500gm flour Sugar

$\frac{1}{2}$ cup coconut cream

1. Take a pot and fill $\frac{3}{4}$ of it with water, add 250 gm of sugar and then boil it.
2. Take the flour and water and fold it in a bowl till it turns into a thick paste; do not add too much water or try to make it soft.
3. Use a table spoon, try and cut out small round balls then place in the pot. You may have to dip the spoon inside to avoid sticking. You can only do No. 3 when it starts boiling.
4. When the paste is all gone, close the pot and let it boil again. Stir the pot within intervals of 3 minutes.
5. When it boils again, remove and add the cream ($\frac{1}{2}$ cup). Keep stirring. You may have to add more sugar if necessary. If there's little water, add some more and boil it again.



TA'AMU PLANT.

FALAIESI (Fried Pawpaws)

Ingredients:

4 matured pawpaws (they must not be too matured; they can be raw too)
2 cans of herrings or pilchards
Dripping or oil, salt, 1 onion
Meat can also be used instead of the fish.

1. Peel the pawpaw skin and cut into small pieces.
2. Fry the herrings in a pot (the pot must be big enough to fit the pawpaws inside) and cut the onion into it for 2 or 3 minutes.
3. Clean and dry the pawpaws and place into pot. Wait until the first bunch have gone down, stir and then add the rest.
4. When all are gone in, give it a good stir and leave for a while.
5. Stir it with intervals of 4–5 minutes till it is cooked, i.e. when they are all soft.

COOK ISLANDS

POKE

1 kg banana
2 tbsp sugar
½–1 cup milk
2 cups water
1 cup arrowroot
1 coconut

Peel and break up bananas. Put into pot, add water and boil until a purplish colour. Take off heat and cool. Pour mixture into a big bowl and when cold mash and add arrowroot, sugar and milk. Butter a baking dish and pour in mixture to bake at 180°–200°C. *Coconut Juice:* Grate coconut, add ¾ cup hot water and strain — extracting the milk. Take baked mixture and cut into medium sized squares. Pour on juice to soak into the poke.

RAW FISH

500g–1kg fish (boneless schnapper)
Lemon juice to cover
1 tsp salt
1 coconut
1 chopped spring onion
Radishes, celery, tomato

Cut fish into cubes and soak in a dish of lemon juice for at least four hours. Drain, separating fish and juice. Grate coconut, add ¾ cup hot water and strain — extracting the milk. Pour over the fish adding salt, chopped spring onions and other ingredients. Add lemon if desired.

Alternatively, mix with mayonnaise (if desired) and serve on a lettuce leaf.

TONGA

TONGAN GURNARD

4 fillet gurnard
2 small bananas
2 oz. melted butter
Flour
Breadcrumbs

Season fish, dip in flour, melted butter and breadcrumbs. Place fish in greased baking dish, topping each fillet with a piece of bacon. Baste with a little melted butter. Bake at 180°C for 10 minutes. Split bananas in half lengthwise. Remove bacon from fish, top each fillet with ½ a banana. Baste with melted butter. Grill 4–5 minutes.

HAWAII

RUMAKI

450g chicken livers
1 tsp salt
1 tsp grated fresh ginger
or ¼ tsp powdered ginger
1 tsp soy sauce
1 cup drained water chestnuts
16 slices bacon
1 cup salad oil
Fruit chutney
Chilli sauce
Chinese mustard

Cut livers into small bite size pieces and season with salt, ginger and soy sauce. Cut water chestnuts and bacon in halves. Wrap one piece liver and chestnut in bacon and secure with pick. Heat oil in pan and fry until golden brown. (Rumaki may also be broiled or baked in a hot oven). Serve hot with fruit chutney, chilli sauce, Chinese mustard.

HAM HAWAIIAN

2 tsp butter
¾ tsp curry
¾ cup diced celery
¾ medium chopped onion
¼ tsp pepper
1 250 gm tin pineapple
¾ cup orange juice
¾ tsp cornflour
2 cup cooked ham
¼ cup blanched almonds

Melt butter in pan, fry celery and onions with curry and pepper on low heat. Blend in cornflour, pineapple juice, stir in pineapple pieces and orange juice. Cook until thick. Stir in ham and nuts, simmer 2–3 minutes. Serve with rice. Serves 4.

SEAFOOD COCKTAIL

Sauce:

½ cup mayonnaise
2 tbsps tomato sauce
Shredded lettuce
Stalk of celery (finely cut)
5 drops tabasco sauce
1 tbsp Worcester sauce
Small onion or 2 spring onions

Place lettuce in sundae dishes or long sandwich tray. Place seafood on top. Do not put sauce on until ready to serve.

Allow ½ dozen oysters or scallops to each person or for a tray.
1 large tin of boned salmon.

HAWAIIAN STEAK

450g stewing steak
1 tbsp sherry
1 tbsp flour
Ground pepper
$1\frac{1}{4}$ cup water
1 tbsp soya sauce
1 tbsp brown sugar
$\frac{1}{4}$ cup pineapple juice
$\frac{1}{2}$ tsp salt
$\frac{1}{2}$ cup pineapple pieces

Cut steak into pieces and marinate in soya sauce, brown sugar, sherry and pineapple juice overnight. Then put meat and liquid into a pan and cover with $1\frac{1}{4}$ cups boiling water. Simmer about 2 hours, then thicken with flour and water. Add pineapple pieces, heat well and serve sprinkled with finely chopped parsley.

HAWAIIAN PORK CHOPS

6 pork chops
$\frac{1}{2}$ cup brown sugar
1 tsp salt and pepper
3 kumara
500gm tin crushed pineapple or pieces

Remove fat from chops, peel and slice kumara. Put in layers in casserole, pineapple, kumara, brown sugar, chops on top. Sprinkle with salt and pepper. Cover casserole and cook 180°C for $1\frac{1}{4}$ hours. Remove lid, take off any surplus fat and bake $1\frac{1}{4}$ hours to brown chops.

HAWAIIAN HAMBURGERS

750g minced steak
1 egg
2 tbsps brown sugar
1 tsp prepared mustard
Pineapple juice
1 onion
$\frac{1}{2}$ cup breadcrumbs
2 tbsps tomato sauce
Salt
6 slices pineapple

Combine the minced steak, beaten egg, peeled and finely chopped onion, breadcrumbs, sauce, mustard and seasonings. Mix together well. Shape into 6 flat hamburgers. Cook on the barbecue for about 7 minutes each side, basting each side with pineapple juice. Brown pineapple slices over barbecue. Place on hamburgers to serve. Serves 6.

HAWAIIAN CHICKEN

1 medium chicken (boiled for 2 hours)
Salt and pepper
Chicken stock
1 oz. butter
2 heaped tbsp flour
1 dsstsp marmite
$\frac{1}{2}$ tin pineapple pieces

When cold, remove meat from chicken, keeping the stock. Melt butter, add flour, salt and pepper. Remove from heat and slowly add pineapple juice, then marmite and sufficient stock to make sauce. Add chicken meat and pineapple pieces. Heat thoroughly and serve.

HAWAIIAN EGGS

2 onions
1 x 200g tin pineapple pieces
1 tbsp vinegar
¼ tsp ground ginger
2 tomatoes
Cooked rice
2 tbsps butter
1 tbsp cornflour
¼ tsp cinnamon
Salt and pepper
6 hard boiled eggs

Peel and chop onions. Heat butter and saute the onion until tender. Drain the pineapple pieces, reserving the juice. Blend the cornflour with a little of the reserved juice to form a smooth paste. Mix the vinegar, spices and seasonings. Add to pan together with cornflour mixture and half a cup of the remaining juice. Simmer 10 minutes. Skin and slice tomatoes. Add these and pineapple pieces to the pan. Shell eggs and halve lengthways. Make a pile of rice on a warm serving plate. Arrange eggs on top and pour sauce over them. Serves 4–6.

PINEAPPLE DREAM

1 cup crushed wine biscuits
120 gr butter
1 cup icing sugar
2 eggs
1 500 gm tin crushed pineapple (well drained)
100 gm chopped cashew nuts
½ pint cream

Scatter three quarters of crumbs in an (20x20cm) loose bottomed tin and pour on 60 gm melted butter and push into place to form base. Soften the other 60 gm butter and gradually beat in icing sugar. Add 2 eggs and beat well one at a time until thick and creamy. Place spoonfuls on base and gently spread over.Drain in pineapple well and mix nuts and spread over creamy mixture and pat in gently. Whip cream and spread over top, sprinkle with rest of crumbs. Chill for 4 hours or more. 6–8 servings.

PINEAPPLE PUDDING

1 packet vanilla instant pudding mix
1 cup well drained pineapple chunks
½ pt cream
¾ cup pineapple syrup

Pour the cream and pineapple syrup into a mixing bowl and sprinkle the contents of the pudding mix on top. Whip this mixture with a rotary beater for 1 minute till it starts to thicken and hold its shape.

Fold in the pineapple chunks, spoon the dessert into parfait glasses and set aside for about 10 minutes. Garnish with extra whipped cream sweetened and extra pineapple chunks.

HAWAIIAN PINEAPPLE ROLL

3 cups crushed pineapple
$\frac{2}{3}$ cup brown sugar
2 tbsps chopped nuts
1 tbsp butter
4 egg yolks
$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ tsp vanilla
4 egg whites
$\frac{1}{3}$ cup sugar
$\frac{3}{4}$ cup sifted flour
1 tsp baking powder
$\frac{1}{2}$ tsp salt
Icing sugar
I cup cream, whipped and sweetened

Drain pineapple thoroughly. Spread on bottom of ungreased pan 30 x 40 cm x 25 mm. Sprinkle brown sugar and nuts over crushed pineapple. Dot with butter. Beat egg yolks till thick and light yellow in colour. Gradually add $\frac{1}{4}$ cup sugar, then vanilla. Beat egg whites till soft peaks form. Slowly sprinkle $\frac{1}{3}$ cup sugar, beating constantly. When stiff peaks form, fold into egg yolk mixture. Sift together flour, baking powder and salt. Gradually fold flour mixture into egg mixture.

Spread cake batter over pineapple-nut base in pan. Bake in 190°C oven for 20 minutes. Loosen edges, then invert cake on tea towel sprinkled with icing sugar. Let stand for 3–4 minutes, then roll it. Keep it rolled in sugared towel for 10 minutes. When cool, cover with sweetened whipped cream and serve.

HAWAIIAN LUAU RIBS

2 small cans strained baby peaches
$\frac{1}{3}$ cup tomato sauce
2 tbsps soy sauce
2 cloves garlic minced
1 tsp salt
$\frac{1}{3}$ cup vinegar
$\frac{1}{2}$ cup brown sugar
2 tsps powdered ginger
2 kg sparerib or fingers

Place meat in foil lined shallow pan. Bake in hot oven (230°C) for 15 minutes. Spoon off fat. Mix above ingredients and pour sauce over meat. Continue baking for 1–1$\frac{1}{2}$ hours at lowered temperature of 180°C. Baste once about half way through cooking. Cut into pieces and serve hot with steamed rice.

FIJI

FIJIAN MARINATED FISH

500g very fresh white fish
3 lemons
100 gm Coconut Cream (see recipe)
1 tomato
1 medium sized onion
1 small red pepper
Salt
Lettuce leaves
Parsley
Toast fingers

Dice the fish and combine with the juice from the lemons. Chill for 8 hours and then add the coconut cream. Skin and seed the tomato, dice and add to the fish along with the diced pepper and onion. Salt to taste and chill thoroughly. Serve in lettuce leaf bowls or on bed of shredded lettuce, garnished with parsley. Hot buttered toast fingers are an excellent complement. 6 servings.

WHITEBAIT FRIED IN BATTER

(*See Maori recipe*)

Whitebait
2 well-beaten eggs
Pepper and salt
2 tbsps milk
1 tbsp flour

Make a batter of the milk, flour and eggs and to this add the whitebait, dried and floured. Chopped parsley may be added. Drop in spoonfuls into boiling fat and fry till browned. Serve hot.

Whitebait can also be cooked in lolo: Take a ripe coconut. Grate all the white flesh. To make a rich cream pour a teacupful of hot water over the grated coconut. Squeeze the mixture well in the hands until all the goodness is out of the coconut. Strain off the liquid through muslin. To be used with fish or vegetables It may be heated, but should not be boiled as it spoils the creaminess.

YAM FISH BALLS

2 cups cold boiled fish
Flour and dripping
1 egg
½ cup boiling milk
2 cups cold boiled yam

Mash yam. Add boiling milk and mix well, then add the fish well flaked and egg to bind all together. Make the mixture into small balls and roll each in the flour and fry in deep fat. Serve hot.

FISH PIE

Cook fish and remove skin and bones, then make a sauce as follows: Melt 1 tbsp butter in saucepan, add 1 tbsp flour, when cooked add milk and stir until a nice creamy sauce, now add ½ cup grated cheese, some grated onion and lemon juice to taste, some chopped parsley and a little well-chopped chilli, pinch salt, cook about 2 minutes.

Put a layer of fish in pie dish, cover thickly with sauce. Continue alternate layers of fish and sauce having sauce for top layer, grate a crust of cheese on top, dab with buttre and bake till a nice brown. Hard boiled eggs chopped and mixed with sauce are also very nice.

A NICE WAY TO SERVE FISH

Take some thin slices of fish, fill each with the following mixture: — Some tinned salmon chopped fine, some chopped parsley, pepper, salt, a little anchovy sauce, breadcrumbs and one egg. Spread the slices of fish with this mixture, roll them and tie them. Steam until cooked.

SAUCE FOR THE SAME

4 tbsps tomato sauce
2 tbsps cold water
1 tsp made mustard
1 tsp butter or more
3 tbsps anchovy sauce
1 tbsp Worcester sauce
Salt and pepper
4 tbsps vinegar

Simmer gently until hot.

PRAWNS IN COCONUT

Prawns
Salt
2 chillies
2 coconuts
1 onion
1 litre water

Cook the prawns and remove shells. Grate coconuts and mix with the water. Put prawns in a saucepan with the onions and chillies cut small and salt. Add coconut milk and simmer gently for half an hour.

CURRIED PRAWNS

Boil sufficient prawns for the number of persons to be served. Take two good sized onions, brown in a saucepan with a little butter. Have ready sufficient coconut cream to cover the prawns. Pour the liquid into the saucepan with the browned onions. Mix sufficient curry powder to taste with a little cornflour, then mix all together, lastly add the prawns. Heat up again. Serve with boiled rice. The same ingredients may be used with crabs, meat, etc.

COCONUT SOUP

Make stock in ordinary way with beef bones and vegetables, thicken with barley or cornflour. Strain and add coconut cream. Mix a teaspoon of curry powder with a little cold water and stir into soup. The soup must not boil after the coconut cream is added or it will curdle.

KAI SOUP

Boil kais then extract meat and mince it. Add a little water, pepper and salt to taste and boil again for 10 minutes, then rub through coarse sieve. To a cup of liquid add $\frac{1}{2}$ cup milk, teaspoon of anchovy sauce, $\frac{1}{4}$ tsp Worcester sauce and thicken with flour if necessary. Just before serving add a little cream. The soup should be light green in colour.

CASSEROLE OF FISH

1 to 1.5 kg filleted fish
1 cup water
1 onion
Salt
1 dsstsp butter
1 dsstspn flour
1 dsstspn vinegar
Chopped parsley

Cut the fish into small pieces (about 5 cm). Slice the onion thinly and fry in the butter until a golden brown, add flour and cook a few minutes before adding vinegar and water then boil all together for a few minutes and add pepper and salt. Arrange the pieces of fish in the casserole, pour over the sauce and cover. Cook in a moderate oven about 15 minutes or until cooked. Serve in casserole, sprinkle with parsley and garnish with lemon.

FISH KOKODA

Fillet and skin fish.
When you have 1.5 kg fish cut into (1.5cm) cubes, place in a pyrex bowl and cover with lemon juice. Leave in refrigerator at least 2 hours. Grate very finely the flesh of 3 coconuts, place in a bowl and add 1 tbsp cold water and work with the hands, then squeeze through a fine cloth until every bit of juice is extracted. (This is the lolo). To the lolo add a pinch of salt, pepper, 3 finely chopped onions, chill until thick. One hour before serving, pour the lemon juice off the fish, add fish to the lolo, return to refrigerator until ready to serve.

BANANAS AND BACON

Fry about 8 or 9 rashers of bacon. When crisp take up and keep hot, peel and cut 4 bananas in half lengthways season with pepper and salt and fry in the bacon fat over a crisp fire for a few minutes. Have ready some nicely toasted pieces of bread spread with parsley or paprika. Place a piece of bacon and half banana on each and serve hot.

KEDGEREE

250 gm rice (cooked)
4 hard boiled eggs
Pepper
Cold boiled fish
Butter
Thyme, etc.

Mix boiled rice and cold fish well together. Put the butter into a stewpan on the fire with the seasoning. When melted add rice and fish and stir well to prevent burning. Add the eggs chopped fine and serve hot. Salmon answers very well for this dish.

STUFFED PAWPAW

Peel a firm ripe pawpaw and cut a small square in the side and remove seeds. Make a mince and fill the fruit with it, replace the square and bake in oven with butter to taste. When cooked sprinkle with crisp breadcrumbs and serve with a good gravy.

BAKED BANANAS
Take 6 bananas, place in small baking dish with small cup of cold water, juice of one lemon, and half cup sugar. Bake until soft. Place in ice and serve with cream.

BANANA CREAM
Use large custard or grape-fruit glasses for serving. Slice finely into each glass half a banana, add a spoonful of strawberry jam, add a second layer of banana slices. Pour in a little sherry or port, cover with stiffly beaten cream, sprinkle with powdered chocolate and decorate the top with a crystallised cherry.

BANANA CREAM PIE
Pastry
2 egg whites
3 tbsps sugar
Bananas
1 cup cream or milk
Essence of lemon
Line pie dish with puff pastry, half bake it, then fill with sliced bananas. Beat yolks with sugar, add cream, pour over bananas, bake $\frac{1}{2}$ hour. Whip the whites stiff, sweeten and flavour and roughly pile on top. Put back in oven to set the meringue.

BANANA FRITTERS
Peel 6 bananas and cut into halves lengthwise. Squeeze over them some lemon juice and then sprinkle with sugar and allow to stand a few minutes. Dip each piece in batter and fry in deep fat until brown; drain, sprinkle with powdered sugar and serve hot.

BANANA SPONGE
$\frac{1}{2}$ dozen ripe bananas
20 gm gelatine
2 tbsps sugar
Juice of 1 lemon
1 cup water
Whites of 2 eggs
Soak the gelatine in the water for a few minutes, then dissolve over the fire, add sugar and allow to cool. Mash the bananas finely, mix with the lemon juice, add water and sugar and when beginning to set add the stiffly beaten whites of the eggs and continue whisking till the mixture is frothy. Pour into a wetted mould. When set turn out and decorate with banana slices.

BANANA TARTLETS
250 gm flour
Yolk of 1 egg
$\frac{1}{2}$ tsp baking powder
5 or 6 bananas
150 gm butter
Grated rind and juice of $\frac{1}{2}$ lemon
1 level tbsp sugar
Rub butter lightly into the flour. Add baking powder and salt. Beat yolk of egg lightly with water and mix to a smooth paste. Roll out and line patty-pans with the paste. Mash bananas. Add sugar, lemon rind and juice. Fill cases with mixture and bake in a quick oven till pastry is nicely brown. Serve hot or cold, with pink sugar sprinkled over or whipped cream.

BANANA VUDI DINA
Peel bananas and cut a small slit inside, then fill with freshly-grated coconut, add sugar and boil ¾ hour in a small quantity of water. When cold serve with fresh coconut cream.

COCONUT CREAM
After scraping two coconuts, squeeze milk out and strain. Place in a slow oven till set. When cool place on ice and use as cream on fruit.

COCONUT TARTLETS
Line patty-pans with short crust and spread with honey or jam. Then put a spoonful of the following coconut mixture on top and bake in a moderate oven.
1 egg well beaten
Few drops essence of almonds
1 dsstsp butter
½ breakfastcup sugar
1 breakfastcup coconut
Beat butter and sugar, then add egg, coconut and essence.

FIJIAN RHUBARB
Take only the dark stalks of the taro, cut into small pieces and put into saucepan with plenty of lemon juice and sugar and very little water as the sugar and lemon juice will make the liquid. Boil slowly until cooked adding a few drops cochineal and place to cool. Serve as a sweet with either ice cream, cream or a good custard.

MANGO FOOL
Take 12 firm mangoes, bake whole and when skin cracks remove from oven and carefully skin and remove seed. Beat the pulp, add sugar to taste, then two well-beaten white of egg. Chill and serve with cream or custard.

MANGO MERINGUE
Take 8 green mangoes, peel and slice and put in a stewpan with 120 gm sugar and 60 gm butter to stew. When tender rub the fruit through a sieve with a spoon and beat in the yolks of 3 eggs. Butter a pie dish, pour in the mixture. Bake in a hot oven till set. Whip the whites of the eggs stiff with 1 tbsp icing sugar. Spread on top of pudding and return to oven to set the meringue.

ORANGE FOOL
3 or 4 oranges
A little nutmeg and cinnamon
Sugar to taste
2 cups milk
3 eggs
Stir the orange juice, beaten eggs and milk over the fire till as thick as cream, do not let it boil, pour into glass dish and chill, garnish with whipped cream.

PAWPAW DELIGHT

Make a rich short pastry, roll out thin and line a well buttered pie dish with some of the pastry. Stew about 1 lb. nearly ripe pawpaw in ½ cup brown sugar, little lemon juice and ginger. Put a layer of pawpaw on pastry line pie dish, sprinkle well with seedless raisins and some desiccated or shredded coconut and cover with thin layer of short crust. Brush over with milk, sprinkle with sugar, put into hot oven and bake ¾ hour. Serve, sprinkled with icing sugar, either hot or cold.

PINEAPPLE DELIGHT

2 cups milk
½ cup sugar
2 dsstspn cornflour
2 egg yolks
Vanilla essence

Make a custard of the above ingredients, then pour into a dish half filled with stewed pineapple, cut in cubes. Beat the white of eggs to a stiff froth, adding 2 tbsps sugar and a little lemon juice. Place on top of pudding and brown in oven. Ice and serve with cream.

PINEAPPLE PIE

Heat 2 cups crushed fresh pineapple in a double saucepan. Mix 4 level tbsps flour, ¾ cup sugar and a pinch salt. Add the heated pineapple and cook in the double saucepan till thick, stirring constantly. Add two egg yolks beaten lightly with the juice of ½ lemon and cook till eggs thicken, stirring constantly. Pour into a baked crust or a dish, beat the egg whites with 3 tbsps sugar and spread over top and brown in a moderate oven. When cool put into ice box.

PINEAPPLE COCONUT PIE

Line a pie dish with a good crust and bake in a hot oven until cooked. Filling for same:

1 cup white sugar
2 cups milk
1 tbsps butter
1½ cups grated cooked pineapple
½ cup flour
3 egg yolks
2 tbsps lemon juice
1 cup grated coconut

To make filling: — Add milk gradually to flour in a saucepan, add sugar and a pinch of salt. Stir it until thick, pour the mixture into the pie dish over the beaten yolks of the eggs and cook three minutes longer, then add all the other ingredients. Cool and then top with meringue made with whites of the eggs and a little sugar.

MOCK LOBSTER

4 medium-sized tomatoes
100 gm grated cheese
1 onion
1 tbsp butter
1 cup fresh breadcrumbs
Pepper and salt to taste
1 egg

Peel tomatoes and grate onion. Put on to cook in butter. When quite soft add beaten egg. Cook for a few minutes then add cheese and breadcrumbs. Take from the stove to do this and do not cook again. Add pepper and salt to taste. Useful for sandwiches and savouries.

COCONUT SHORTBREAD

120 gm flour
Pinch salt
60 gm sugar
½ tsp baking powder
60 gm grated coconut
1 egg yolk
60 gm butter

Sift flour and baking powder together and rub in the fat, add the sugar, coconut and egg yolk mixed with a little milk. Knead lightly. Roll out and cut into squares. Bake in a moderate oven for 20 minutes.

GUAVA JAM

Peel and core guavas, place the cores in pan and cover with water and boil to a pulp. Take off the fire and strain (through muslin folded twice), cut the peel into small pieces, add to the strained juice and measure, then bring to the boil and add sugar (2 cups less than the quantity measured of juice, etc.). Boil rapidly for 20 minutes, then bottle. (If 12 cups juice, then 10 cups sugar).

PINEAPPLE AND PAWPAW JAM

13 pineapples
Juice of 3 lemons
1 very firm pawpaw

Cut pineapples and pawpaw into small dice, add 1 cup white sugar to each cup of fruit and put into saucepan, pour over all the lemon juice and put onto boil altogether till a little in a saucer jellies.

PRESERVED GUAVAS

Wipe free from dust ripe guavas, peel them, cut in half and remove centres. Put peel and centres on with a little water to boil till soft, then rub through a fine sieve. Make a syrup and cook the shells of fruit in it and when half cooked add the puree and ½ cup white sugar to every cup of puree. Bottle and store in air-tight jars.

GUAVA JELLY
Pulp guavas. Barely cover with water and boil thoroughly. Put into jelly bags and leave to strain all night. Measure juice and allow 1 cup of white sugar to 1 cup of juice and for every 9 or 10 cups of juice allow 1 cup strained lemon juice. Boil quickly till the jelly will set when cool.

PAWPAW PICKLE
Cut up 1 small very green pawpaw, 3 cucumbers, 2 onions, 1 lb. green tomatoes and 9 small chillies. Cut the tomatoes, sprinkle well with salt and leave overnight. Next day add other ingredients, including 5 tsps brown sugar, 4 tsps each of mustard and curry powder. Cover with vinegar and boil.

COCONUT SAUCE FOR FISH (Miti)
Grate the coconut, pour on 1 cup water, peel a lemon and cut in slices. Add $\frac{1}{2}$ finely-chopped onion. Squeeze all together. Take the thick milk and strain it, add salt to taste and a little finely-chopped chilli.

BANANA CHUTNEY
1 kg bananas
500 gm brown sugar
180 gm salt
40 gm red chillies
500 gm raisins
1 litre brown vinegar
50 gm garlic
250 gm ground ginger
Chop all ingredients fine and boil with vinegar until cooked, then add sugar, salt and ginger, boil up again for 10 minutes then bottle.

MANGO CHUTNEY
1.5 litres vinegar
50 gm garlic (cut small)
3 kg sliced mangoes
150 gm salt
30 gm chillies
500 gm raisins or sultanas
60 gm whole ginger (bruised)
2 kg white sugar
100 gm onions
Boil sugar and vinegar for $\frac{1}{2}$ hour then add other ingredients and boil until cooked.

PAWPAW CHUTNEY
2.5 kg pawpaw
250 gm onions
2 bottles vinegar
1 tbsp curry powder
1 kg brown sugar
750 gm sultanas
40 gm ground ginger
$\frac{1}{4}$ tbsp salt and cayenne
Boil three hours.

DALO (TARO) LEAVES IN BAMBOO
Roll young dalo leaves into balls, about the size of a brussels sprout, and put into a green bamboo about 75 cm long with one end sealed. Put bamboo into hot coals and steam $1\frac{1}{2}$ to 2 hours.

DALO (TARO) STALKS
Cut into short lengths and peel. Boil till tender in salted water. Serve with a white sauce.

PALUSAMI (Dalo leaves in coconut milk)
12 coconuts
2 onions
Salt and pepper
120 dalo leaves
1 lemon
Prepare coconut cream. Cut the onions and lemon in small slices, add salt and pepper and add all to the coconut cream. Stir for 5 minutes. Take six dalo leaves and a cupful of the liquid and put them together on a breadfruit leaf. Tie in a round shape. Repeat the process until all the dalo leaves are used. Bake in a hot oven for half an hour or until cooked.

DALO LEAVES IN LOLO
Take plenty of very young dalo leaves, boil till tender with a pinch of bicarbonate of soda and salt to taste and add a finely chopped onion. When cooked strain well. Have ready sufficient coconut cream (lolo) to put into the dalo leaves. Return to the saucepan, heat up again and serve.

DALO LEAF SPINACH
Boil your dalo leaves for $\frac{3}{4}$ hour, drain well, add 1 tbsp cream, a little grated nutmeg, salt and pepper. Serve with hard boiled egg sprinkled over top. May be served with a freshly poached egg.

DALO ROOT
Cut into pieces and boil in salted water. If carefully done this method produces a dry mealy vegetable, more nutritious than potato. Dalo must not be overcooked. Pour off the water as soon as the dalo is cooked and let the pan stand on the side of the stove. Slices of cooked dalo may be browned in hot fat if liked. The dalo (not too big) may be baked whole in the oven.

DURUKA IN COCONUT
Duruka
500 ml water
2 coconuts
Salt
Roast the duruka in the fire. Remove the skin and place in a saucepan. Pour over coconut cream, add salt and place over the fire and bring to the boil.

KASAVA (Tapioca)
1. If kasava root is hard when cooked, grate it raw, add milk and season with salt and pepper. Bake in the oven.
2. Boil well and when cooked (but firm) put through a mincer then add pepper and salt. Make into small cakes and fry brown in nice dripping. (No flour is needed for binding.)

GREEN PAWPAW

When boiled and mashed with a little butter, salt and pepper to taste, make into croquettes with a little flour and fry a nice brown.

CAKED PAWPAW PUDDING

1 pawpaw
3 tbsps sugar
3 cups coconut cream

Prepare coconut cream, peel pawpaw, slice lengthwise and remove seeds, place in a pie dish, mix coconut cream with sugar and pour over pawpaw; bake in a moderate over for $\frac{1}{2}$ hour.

TAVEUNU ROUROU

Young dalo leaves (preferably with white stalk)
1 small onion
6 tbsps grated cheese
3 or 4 coconuts
Few prawns or fish cutlets
Pepper and salt

Grate the coconut and squeeze out the milk, don't add water, to equal 1 cup. Put salt, pepper to taste, if desired, add 1 or 2 chillies. Leave this aside. Cut up prawns in halves or chopped very finely. Place rourou one on top of the other, put the big ones at the bottom, with 4 or 5 small young ones on top, put in 4 halves minced prawns, 2 tsps grated cheese, few chopped onions, lastly 1 tbsp coconut milk. Wrap it carefully with rourou and pin it with tooth pick or clean sasa, but don't turn it upside down. Have the pot ready, put a saucer or bread plate at the bottom before you pile the rourou. Six rolls is sufficient. Rest of the coconut, add water and pour over the rourou and cook. Cook on a good fire, don't open the lid of the saucepan until cooked. Can be served hot or cold.

PITCAIRN ISLAND RECIPES

ARROWROOT BISCUITS (All-time Favourite)

2 or 3 freshly grated coconuts
4 cups arrowroot
Salt to taste
1 cup flour
$\frac{1}{4}$ cup cooking oil

Combine all ingredients and knead to a workable dough. Flatten on a baking tray and bake until brown.

VARIATION FOR THOSE WITH A SWEET-TOOTH

2 or 3 freshly grated coconuts
$\frac{1}{2}$ cup cooking oil
3 cups flour
1 cup sugar
2 cups arrowroot
2 tsps baking powder

Combine grated coconut, sugar and oil. Knead in flour, baking powder and arrowroot, adding more if needed to make a workable dough. Flatten on baking tray and bake until brown.

MILLIE'S CORNCAKE

5 cups cornflour
2 cups sugarcane syrup (substitute if necessary)
1 cup cooking oil
2 cups water
5 tsps baking powder
1 cup sugar
1 tsp baking soda dissolved in juice of one lemon

Combine flour, baking powder, sugar, syrup in mixing bowl. Pour in oil and water mixed together and mix well. Stir in the soda and lemon mixture. If mixture too stiff, add more water. Pour into greased loaf tins and bake about 1 hour until cooked.

PELKI (An acquired taste) (Pe-li)

Quantities according to taste.

Grate up kumara. Wrap in foil or put in dish. Bake until solidified.

VARIATIONS

Grate in taro or yam, add a bit of sugar, or coconut cream.

PO HI

Grate together taro and kumara. Mix and bake. Mix in coconut cream.

ARROWROOT PUDDING

To coconut cream in a pot, add arrowroot. Grate in orange or lemon rind and the juice of these or a pineapple. Bring to the boil. Add sugar to taste. Mix in fresh coconut cream.

DELICIOUS BREADSTICKS

Pastry ingredients
Coconut or coconut cream or cream
Sugar (only a little)

Mix together. Roll into 1–1$\frac{1}{2}$ cm. diameter sausage-like rolls.

N.B. All quantities to taste.

Substitute for coconut cream: Ordinary milk with desiccated coconut added.

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